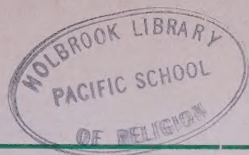


THE  
INTERNATIONAL



OCTOBER

1958

# STUDENT

**- And Digest of Alcohol Studies**

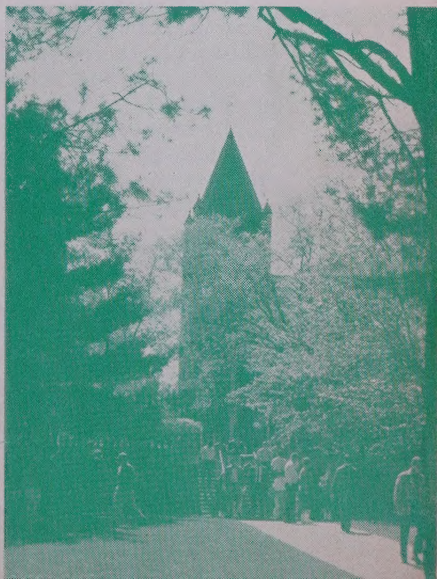
*In This Number*

**COLLEGE STUDENTS** write on . . .

**"Motivation for Drinking"**

THOMPSON  
HALL

UNIVERSITY OF  
NEW HAMPSHIRE



V. 56

1958/59

# THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

October, 1958

Vol. 56, No. 1

*Patterns of Behavior*

## "The Development of Motivation"

By Gerald W. Abbott, '61

Teachers College of Connecticut

MANY PROMINENT sociologists and social psychologists believe, on the basis of scientific studies, that the formation of an individual's personality is the key point from which to study his motivations for drinking. The author, from his research, believes that the ideas of these men can be best summed up by this excerpt from Robert Freed Bales's paper "Cultural Differences in Rates of Alcoholism." Bales states that "The effective motivation of the individual at any given time may be considered as the outcome to two sets of influences: the needs or urges which he carries within himself, and the opportunities which he finds in his situation."<sup>1</sup>

The motivation caused by the above sets of influences is not based solely on the outcome of one set, but on the interaction of both sets.

As an individual goes through the process of sociali-

<sup>1</sup>From Alfred McClung Lee and Elizabeth Briant Lee *Social Problems in America: A Source Book*.

(Continued on page 17)

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription, \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio

## THE 1958 EDITORIALS THAT RECEIVED HIGHEST AWARDS

*One of the  
Primary Reasons*

# Our Drinking Heritage

University of New  
Hampshire, Durham, N. H.

By Edwin C. Horne, '58

**M**OTIVATIONS for drinking alcoholic beverages range from the man who drinks a cold bottle of beer after a day's work, simply because he's thirsty—to the pathological drinker who is motivated by an extremely complex interplay of physiological, psychological, and sociocultural factors, and is expressing a deeper, underlying emotional problem.

Consumption of alcohol is entwined in the roots of our culture. Western civilization has witnessed an evolutionary process that began before recorded history and has blossomed into a gigantic industry. Instrumental to this expansive process is the physiological reaction of alcohol in the body. Once consumed it is easily and quickly absorbed by the bloodstream. Thus it speedily reaches, and affects, the higher centers of the brain. It is the depressant action of the alcohol, on the cerebral cortex, that has been responsible for the common misconception that it is a stimulant. The cerebral cortex controls much of our inhibitory behavior, and when its reactions are dulled many inhibitions are relieved, creating a false sense of well-being. Anxiety and tension are reduced and the individual temporarily forgets his worries. This is one of the primary reasons people drink—alcohol facilitates sociability; it has been called a "social lubricant." Its widespread use in social situations and diplomatic circles is testimony to this fact.

For many people alcohol satisfies a need—it may be a subtle psychological satiation—or it may involve more obvious social factors. Many people indulge in their first drink in acquiescence to peer-group pressure to con-



form. They are initiated into the alcohol society because the group they are associated with accepts, and approves of, its use. Once a need has been satisfied, the response tends to be repeated in similar situations and becomes learned.

Modification of reality may be the unconscious desire of some drinkers. Included in this group would be a person with a relatively dull mind, who mistakenly considers himself a witty and stimulating conversationalist after a few drinks. Another example is a person using alcohol to achieve a false sense of security—he may enhance his need for status or prestige by drinking. Feelings of inadequacy, inferiority, or uneasiness may be relieved, again creating a rewarding situation and tending to fixate the habit.

Childhood experiences may be related to motivational patterns. Some children are encouraged not to express any aggression or resentment in response to their frustrations. A person who finds it particularly difficult to relieve feelings of aggression and anger, may, under the influence of alcohol, encounter no such difficulty. Almost every bar has its timid soul who becomes more and more belligerent with every drink. Neo-Freudians represent the extreme of the psychoanalytic point-of-view. They view drinking, in particular to excess, as an unconscious desire to return to infancy, an oral gratification longing.

Drinking can be a ramification of another developmental problem. An individual may have failed, for a wide variety of reasons, to learn to taste fully of life. For him alcohol becomes a release from boredom, it replaces other interests that he fails to appreciate.

Alcoholic beverages are widely accepted in our culture. The manufacturers of these beverages spend millions annually to advertise their products. Children often see adults propose toasts with drinks—adolescents are exposed to both adult indulgence and a constant stream of advertising. It would be naive to think that

(Continued on page 16)



Four Main  
Overlapping Factors

## Inducements For Drinking

By Catherine Kendall, '59

Louisiana Polytechnic  
Institute, Ruston, La.

**I**T IS DIFFICULT to attribute the use of alcohol to any single cause, but it is always evident that the person who drinks does so to relieve a certain vague restlessness which results from internal or external unadjustment.<sup>1</sup> The total personality of the individual is involved, and the specific causes, any of which may have predominance in different persons, include those which are social, medical, spiritual, and psychological.

Donald Horton says of the alcohol problem, "But if I were asked to give one over-all statement . . . it would be that the fundamental problem is one of social engineering rather than of individual therapy."<sup>2</sup>

Our modern world presents opportunities and encouragements for the use of alcohol. From earliest childhood the individual may be confronted with social drinking in the home or drinking that results from poverty, insecurity, and other factors.

The various social class groups have certain motivations and habits of drinking that members are expected to follow. A person is not likely to digress from the behavior of his group and is ostracized if he does. In the Upper class both sexes drink freely but sparingly in social situations. People who do not serve cocktails in their homes or who will not participate in any social drinking are frowned upon. The Middle class tends to pattern its drinking habits after those of the Upper class. The members may have a strong desire to be on the level with those in the higher group, and social drinking seems to have an aristocratic appeal. Drinking in the

<sup>1</sup>Robert V. Seliger, "What Really Drives You to Drink?" *Alcoholics Are Sick People*, p. 25.

<sup>2</sup>Yale Summer School of Alcohol Publications, *Alcohol, Science and Society*, p. 173.

Lower class is socially unrestrained. Factors such as unemployment, poverty, and insecurity, which lead to low moral standards, enter into the reasons for drinking in this class.<sup>3</sup> In all of the classes frustrations are easily built up, and the temptation to drink is increased.

Children grow up in an environment permeated with alcohol, and it is alternately praised, denounced, exalted, and damned. Instead of helping children to understand this problem, parents either refuse altogether to talk about it, thus making the children have an avid desire to find out about this mysterious substance, or they allow them to have an occasional highball or beer which conditions the child to the taste of alcohol at an early age.<sup>4</sup>

Drinking often begins during the teenage years. To be "one of the crowd" is to drink. Many youngsters feel that they cannot get a date unless they are willing to drink and to go to the local nightclubs. Drinking is thought of as smart and daring.<sup>5</sup>

Another view that has been gaining acceptance in the past few years is that alcoholism results from deficiencies in the individual which can be explained scientifically. Appetites and abnormal cravings have their root in the hypothalamus of the brain, and it seems probable that this division in alcoholics has become deranged or malnourished. The potential alcoholic has unusual nutritional needs; if he neglects to eat the particular foods demanded by his appetite center, the craving for alcohol will become greater, and he will be induced to drink more and more.<sup>6</sup>

The final two factors which may lead to drinking are closely related. These causes include those which are spiritual or psychological.

Paul R. Brown of East View, New York, expresses

<sup>3</sup>*Ibid.*, pp. 99-100.

<sup>4</sup>Alson J. Smith, "What I'd Teach My Children About Alcohol," *Better Homes and Gardens*, (February, 1956), 155.

<sup>5</sup>Kenneth M. Harkness and Lyman M. Fort, *Youth Studies Alcohol*, p. 100.

<sup>6</sup>"Malnourished Brain," *Science News Letter*, September 28, 1957, 199.

the view that problem drinkers are not suffering from a disease but are people whose emotional and spiritual life is incomplete or muddled; he believes that to tell an alcoholic his condition is only a disease merely leaves to him an avenue of escape.<sup>7</sup>

Joseph Hopkins agrees with this line of thought. He states, "But is not alcoholism, in a more basic sense, a symptom of a moral disease—a symptom of . . . psychological and spiritual insecurity . . . ."<sup>8</sup>

People who fall into the last category are those who are psychologically disturbed. They drink because they do not like themselves the way they are. They wish to be different either temporarily or permanently.<sup>9</sup> Alcohol for them means living another life from that they endure when sober. It offers temporary exaltation by building up their egos; it is used as a substitute for the things they actually desire.<sup>10</sup> Some psychiatrists classify these people into three types: those who are bored and need something to make life interesting; the periodic drinkers who alternate between joy and despair and find comfort in alcohol; and the so-called "stupid drinkers" who drink aimlessly because of the feeling of security it gives them.<sup>11</sup>

The reasons for drinking are numerous and varied. The four causes mentioned often overlap and entail other factors. At present, it is difficult to specify a single element as the underlying influence. It must be concluded that drinking results from the combination of the different phases of the individual's environment, personality, and inherited characteristics.

<sup>7</sup>"Alcoholism is not a Disease," *Science Digest*, February, 1956, 97.

<sup>8</sup>Joseph Hopkins, "Alcoholism: Disease or Symptom?" *Christian Century*, May 15, 1957, p. 17.

<sup>9</sup>Smith, *Better Homes and Gardens*, p. 155.

<sup>10</sup>"Inner Life Problems Cause 'Dry Drunk,'" *Science News Letter*, June 4, 1956, 350.

<sup>11</sup>Dwight Anderson, "Bored or Elated," *Other Side of the Bottle*, New York, 1950, p. 42.



*Jack London  
knew why*

# The Companionship Of Alcohol

By Dick McCreery, '60

Wartburg College  
Waverly, Iowa

ONE OF THE GREATEST writers in the golden age of American realism was an intense adventurer named Jack London. His writings are considered great classics in literary circles. His spectacular career was cut short at the age of forty when he died of alcoholism and its weakening effects. One of his lesser known works was entitled *John Barleycorn*, wherein he narrated the reasons for his craving for alcohol.

London developed the theory that alcoholic beverages are not tasteful in any way and it is not the drink, but rather the comradeship of other drinkers, that leads men to the bar. The local tavern is the poor man's club, and the exclusive bar the haunts of their richer brethren. The need to belong and to be appreciated is one of the basic drives of man, and the tavern or bar fulfills this need in part. The story of a bartender listening sympathetically to a man crying in his beer is familiar to us all. Strangely enough, this situation is often factual rather than mythical.

The man who can not live a normal life without alcohol is a biological rarity, but men who need comfort and can not obtain it in conventional places number legions. The five million alcoholics in this country are not men to be scorned, yet society rejects them as drunkards, bums, ne'er-do-wells, souses, and similar terms. Only the local bar offers solace and a feeling of companionship. The alcoholic becomes even worse, and many wind up their sordid lives in the eternal twilight on New York's Bowery, Chicago's Skid Row, Los Angeles' Main Street, and other places throughout the nation. Even here in the filthy flophouses, the all-night cafes, and the smoke-clouded bars, companionship exists with

(Continued on page 18)

## ROBERTS EDITORIAL WRITING AWARDS Of 1957-58

THEME: "Motivation for Drinking"



Edwin C. Horne



Catherine Kendall

### FIRST HONORS

*Edwin C. Horne*, '58, University of New Hampshire, Durham, \$150 cash, and Scholarship and Travel Grant to the Intercollegiate School of Alcohol Studies, Waterloo College, Waterloo, Ontario, August, 1958

### SECOND HONORS

*Catherine Kendall*, '59, Louisiana Polytechnic Institute, Ruston, La., \$100 cash, and Scholarship and Travel Grant to the Intercollegiate School of 1958

### THIRD HONORS (2)

*Gerald W. Abbott*, '61, Teachers College of Connecticut, New Britain

*Flora Alice Marlow*, '61, Lambuth College, Jackson, Tenn.

\$50 cash, and Scholarships and Travel Grants to the Intercollegiate School

### FOURTH HONORS (4)

*Philip D. Roberts*, '59, Acadia University, Wolfville, Nova Scotia

*Dick McCreery*, Wartburg, Waverly, Iowa

*Michael Reeves*, '59, University of Denver, Colorado

*Robert G. Meece*, '58, La., Polytechnic Institute, Ruston, La.

\$25 cash, and Scholarships and Travel Grants to the Intercollegiate School.

Seeking to discover and understand the problem, "Why Men Drink?", and the basic personal and social motives back of the reasons usually given, the students who won highest honors selected significant titles for their papers: "Our Drinking Heritage", "The Develop-

ment of Motivation." "Why Do Men Drink?" and "Alcohol: Snag of Society."

The judges were Dr. Virgil G. Hinshaw, Jr., professor of philosophy, Ohio State University, and a committee of editors and secretaries of the Intercollegiate Association, sponsor of both the annual Roberts series of Awards and the Intercollegiate School.

## FORTY WIN HIGH HONORS

The forty finalists who won international standing, including those listed above, and scholarships or smaller cash awards, are the following:

Gerald W. Abbott, State Teachers College, New Britain, Conn.  
Nancy Jean Aggen, Cornell College, Mt. Vernon, Iowa.  
Betty Bower, Nebr. Wesleyan University, Lincoln, Nebr.  
Ruth Butler, Eastern Okla. College, McAlester, Okla.  
Carol Cantlon, College of St. Mary of the Springs, Columbus, Ohio.  
Rosanne M. Fox, Findlay College, Findlay, Ohio.  
Cyril L. Furr, Lenoir Rhyne College, Hickory, N. C.  
Correen Gil, Teachers College of Conn., New Britain, Conn.  
Peggy Hagemeister, Nebr. Wesleyan University, Lincoln, Nebr.  
Douglas Hancock, University of Denver, Colo.  
Lynda Lou Hedbom, Gustavus Adolphus College, St. Peter, Minn.  
William Hilburn, La. Polytechnic Institute, Ruston, La.  
Edwin C. Horne, University of New Hampshire, Durham, N. H.  
Bruce Isherwood, Nebr. Wesleyan Univ., Lincoln, Nebr.  
Catherine Kendall, La. Polytechnic Institute, Ruston, La.  
Jean Koessl, Bethel College, St. Paul, Minn.  
Charles Lee, Grand Canyon College, Phoenix, Ariz.  
Donald Lippman, East Montana College of Education, Billings, Mont.  
Roy C. Lundin, George Williams College, Chicago, Ill.  
Glendon Magarvey, Acadia University, Wolfville, Nova Scotia.  
Flora Ann Marlow, Lambuth College, Jackson, Tenn.  
Dick McCreery, Wartburg College, Waverly, Iowa.  
Robert G. Meece, La. Polytechnic Institute, Ruston, La.  
Anne Morrison, Acadia University, Wolfville, Nova Scotia.  
Paul Poupert, John Carroll University, Cleveland, Ohio.  
Thomas Quinn, University of Utah, Salt Lake City, Utah.  
Michael Reeves, University of Denver, Denver, Colo.  
Philip D. Roberts, Acadia University, Wolfville, Nova Scotia.  
George Ross, Va. State College, Petersburg, Va.  
Elizabeth Russell, Hartwick College, Oneonta, New York.  
Margarette J. Saunders, East Wash. College of Education, Cheney, Wash.  
Lissa Shenon, University of Utah, Salt Lake City, Utah.  
Susan Shepard, Mars Hill College, Mars Hill, N. C.  
Ronald K. Shinn, Wartburg College, Waverly, Iowa.  
William H. Stephens, Grand Canyon College, Phoenix, Ariz.  
Alberta Vose, Hope College, Holland, Mich.



Glenn D. Weimer, Southwestern University, Georgetown, Texas.  
Dorine R. Wessman, Bethel College, St. Paul, Minn.  
Betty S. Zuniga, Loyola University, New Orleans, La.

## SUBJECTS IN PREVIOUS YEARS

- "Outgrowing Alcoholic Culture"
- "Applying 'Preventive Medicine' to Alcoholism"
- "Social Pressure and Campus Drinking"
- "Drinking: Personal or Social Responsibility?"
- "Can Education Solve the Alcohol Problem?"
- "Social Drinking: What Do You Think?"
- "Opportunity of the Home in Dealing with the Problem"
- "Alcohol and Public Safety" (1957)

*Understand all motives*

# Alcohol: Snag of Society

By Philip D. Roberts, '59

Acadia University  
Wolfville, Nova Scotia

## WHY DO people drink?

This question could be asked by anyone, from the teetotaler, through the interested college student, to the confirmed alcoholic. Why does alcohol make men do the things they do? Just what is the motivation for drinking?

This problem must be studied objectively. It has been found that there are three motives for drinking:

1. The physiological motive—exploitation of physical effects, including desire for intoxication.
2. The psychological motive—the motive for alcoholics and others with disturbed personalities.
3. The social motive—the tradition of drink with the place it has had in all societies.

For real understanding these must all be synthesized.

Many drinkers come to want this intoxication feeling for itself. We must not forget that alcohol is an anesthetic with a specific depressing effect on the nervous system. It first affects inhibition, restraint, and judgment, then body reactions; and, finally, when the brain controls of the lungs and heart are reached, uncon-

sciousness, then death ensue. It is obvious that the effects at the end of the scale would hardly be a drinking motive for a sober man. The effect caused by the **lower** concentrations cause most people to start drinking.

Here, the physiological and psychological motives merge. The first effects are much more striking psychologically than physiologically. Alcohol creates a sense of careless well-being, easing discomfort and soothing tension. The personality is affected first. Finer grades of judgement are blunted, self criticism is dulled, and impulses are released which are ordinarily inhibited by self-control. The drinker talks much, laughs much, is crude in expressions and words, and engages in unbecoming acts not usual to himself. He thinks he is alert, humorous, a good conversationalist, though actually unable to distinguish between sense and nonsense, humor and inanity. In one case, motion pictures (with sound) were taken of a supposedly gay party, during which it was claimed that the conversation, the jokes, and the conduct of those present and drinking were of a very high order. Later, the pictures were shown when everyone present was sober. It was most disappointing. The party was not gay, but maudlin and boorish, the jokes lacked both wit and humour; the stupid conversation and awkwardness showed that the superiority of which they boasted was pure delusion.

"Men drink to forget life by living for a time in comedy," said Booth Tarkington, after tragic personal experience. It is a cult of fantasy. Someone may be induced to take drink as a narcotic because he feels worried about his home life, because of his "nerves," or simply because he wants to "forget" for a while.

At this point the psychological motive may merge into the strongest motive: that of social approval. It is this social origin of alcohol addiction that constitutes its greatest differences from all other drug addictions. Most of the U. S.'s four million alcoholics began through "tradition"—social drinking; very few ever started alone. Drink customs are passed on from generation to generation. As a boy grows, he needs to be recognized;

if others around him drink, then he will too. Many college students learned to drink socially in their homes, while still continuing to believe that abstainers are generally admired!

One can't just simply disagree with a social drinker. Friends may have started the custom and he is expected to follow suit. The liquor industry operates under present-day majority approval, making this drug available to all. Because alcohol is what it is, because men use it as they do, because it provides the kind of behavior it does, it is a concern of the social conscience. It is part of the great cultural pattern, and its use is acquired as learned behaviour. We must first and foremost change the cultural pattern—carefully, objectively, and scientifically.

The question is a complicated one, and needs cool consideration rather than blatant denunciation or defense. Drink has an illusory charm: mental reactions to alcohol are extremely satisfying to certain psychological urges. But one of sixteen casual drinkers becomes an alcoholic, making the real issue these "inbetweeners." Certainly, all drinkers aren't alcoholics. An alcoholic does not choose to drink. He is a compulsive drinker, a truly sick man. Without alcohol he would still be sick, but not alcohol-sick. Many drinkers come to want the intoxication feeling for itself; then they advance to the stage where this desire is dominant. They can quit if they want to—but they almost never "want to". 40-50% of alcoholics drink due to inner personal factors, and the other because of years of heavy social drinking.

We have seen, then, that man is motivated to drink by three basic factors: physiological, psychological, and social. Each meets definite human needs, although not one of them is completely satiated. Alcohol will always remain an imperfect substitute for personal peace of mind. For many, this same inner contentment could be met by a realistic facing up to the facts; for others, spiritual salvation might hold the answer. In any case, the solution will not be as easy as "the bottle," but the final results will be truly lasting and permanent.



*The same escape  
found at the ball field*

## Reed In The Wind

By Mike Reeves, '59

University of Denver,  
Denver, Colo.

**I**T WAS A MOMENT before dawn in an American metropolis. Streets were almost deserted and along boulevards and freeways, traffic lights blinked, frustrated, to themselves. A milk train moved past brilliantly lit, through deserted railroad yards, while at the city's heart, the morning paper had just gone to press. A mist eased itself through halls of concrete and steel, reluctant to give its place to the sun.

Several blocks from the newspaper office, and down a narrow side street, an all-night coffee shop winked out at the damp pavement with a faulty red neon, its one greasy window flecked with droplets of moisture. A frightened cat darted from an alley across the street and was lost in a maze of doorways.

Moments later a man emerged too, and with his thin coat wrapped against the chill, he moved somewhat unsteadily toward Rip's Cafe. He hadn't eaten for 24 hours, but this man was not hungry. In fact he was dimly aware that he was almost never hungry anymore. Nonetheless, he was in desperate need, and his lips soundlessly formed the words of his desire again and again.

"A drink, I need a drink."

He put a hand on the glass and peered through the sweaty window. There weren't any customers, but the attendant seemed to be working on his own breakfast.

The man with the thin coat left the window and pushed open the door, blinking in the sudden light. He picked a corner booth and sat down heavily, head bent, with his wet hair dangling like useless springs. The man in white approached with flour on his hands and plopped a glass of water in front of his customer. The flour left ghostly spirals on the glass. "What'll it be, buddy?"

"I don't need water," the other muttered thickly.

"Oh, one o' those, huh? Now listen here, this ain't no bar, see . . . ?"

The man collapsed silently, folding up in a ball and pulling his water with him. The counter-man looked down and shook his head.

Outside, it was sunrise.

Another nameless souse? Not this time. Once the district attorney in a mid-western town, he had abruptly left his wife and kids, and started drifting from city to city, never staying long, usually not working. Funny how people turned out.

But it wasn't funny. He had been a standout lawyer for several years before his election, then all at once he quit. Why? It was probably a combination of things. Maybe the wife and kids got on his nerves with their silly remarks and noise around the house. Then maybe she seemed unsympathetic with his work or demanded more ambition. It didn't matter.

He started staying away from home when he could, and a fifth of whiskey took its place beside the city directory in his desk. Then came the final factor—some long-forgotten incident. He just left.

On the floor of Rip's Cafe lay a man—a sick man. He didn't know it, probably couldn't have guessed, as he revived himself and stumbled out into the morning, that he was dying. He had never admitted the possibility that he might be an alcoholic, but there was one tragic indication: He **needed** a drink.

The distinction between "want" and "need" is an important one. Doctors speculate that an alcoholic is born, not made, that there is something in the body chemistry of some people that renders them prone to alcohol, whether or not they ever touch it.

The alcoholic is a problem today, and a serious one, but the spotlight is turning to the insidious threat of the social drinker, the man in the middle, the fence-walker who gets canned once a week, who owns a car, and who if lucky, kills only himself when he drives it in the wrong place. It's easy to spot the threat of the alco-

follic; not so that of the social drinker—he can hide his problems behind a fog of respectability.

And the motivation? It would seem to be a singular one. No matter why a person **says** he does his tipping, it usually boils down to a simple thing that is far from profound or even significant in itself. It's a little word, covering a fantastic multitude of physical and psychological problems, all of which are very real to the drinker, all demanding a solution: Escape. The same escape presented by reading or watching television. The same escape found at a baseball park, or offered with a stick of gum.

The same.

But tell it to the former D.A. as he moves off down the street from Rip's, as he's passed by the news trucks making their rounds to corner stands. Tell it to him as he reaches an intersection with its traffic light now happily regulating the flow of cars. Tell him.

After all, it's morning. The city's awake.

- - -

## OUR DRINKING HERITAGE

(Continued from page 4)

an impressionable eight-year-old condemns beer, when it brings his baseball heroes to life on television. Without question, the adult group, whom the advertising is aimed at, isn't stimulated toward abstinence.

General acceptance of the use of alcoholic beverages is responsible for many people coming into unavoidable contact with liquor. Rising executives may encounter pressure to belong to the right clubs, to associate with the right people, and to exhibit the right drinking habits. Diplomatic protocol calls for cocktails, so, often does entertaining prospective customers. These things are part of our cultural heritage, they contribute to drinking by creating situations where it is considered poor taste not to indulge.

Within the general framework of motivation for drinking, it should be recognized that there is no specific motive responsible for any individual's drinking. A combination of factors is responsible that involves a



person's total personality, background, and environment. Aspects of life, ranging from infancy into the future, may be influential in motivation. Personality defects stemming from childhood, as well as anxiety engendered by future prospects, may cause a person to drink.

The ramifications of the excessive use of alcohol include untold unhappiness and the expenditure of millions of dollars. Temperance movements have provided no solution, and prohibition added to the problem. Its alleviation will require a new emphasis on social values and a refocusing of mental hygienic attitudes. This involves an extensive process that has been postponed too long—it should begin now.

## DEVELOPMENT OF MOTIVATION

(Continued from page 2)

zation he acquires or learns certain values. He also develops given patterns of behavior for some of the situations he will encounter during his life time, but he does not develop a pattern for every situation.

The values most often precede the patterns of behavior in development within the personality. Thus, it is often assumed that if the values are firmly entrenched in the individual's personality the patterns of behavior will follow accordingly. This may be true in many cases, but it is not true in all, for there is often a conflict within the individual at the time of development of the pattern. This is especially true with regard to drinking.

The conflict is usually between the values of the individual and his needs. McCarthy and Douglass, in "Alcohol and Social Responsibility," list four main needs; conformity, facilitation of sociability, modification of reality, and mitigation of illness. If his values are either pro-alcohol or indifferent to alcohol, conflict does not usually result, and he usually becomes a drinker to some degree. But if his values are definitely anti-alcohol a conflict will often result. No matter what the outcome of that conflict is it will be recorded in his personality and become part of his habit system, and thus part of

his motivation.

The opportunity to drink within a situation is important to the development of the motivation and habits of the individual because the situation sets the stage for the conflict between the needs and the values, and the opportunity as it increases, increases the tension of that conflict. The stage and the tension factors may well be the times during which a person lives. Statistics show that the consumption of alcohol within the United States increases during prosperity and war and decreases during depressions.<sup>2</sup> Thus, there is a correlation between the situation and opportunity to drink and the development of the motivating factors for drinking.

The development of motivation for drinking may be explained in four essential steps. They are: the learning of values regarding drinking, the conflict of those values with the needs of the individual in a given situation, with the opportunities to drink, the formation of a pattern of behavior as a result of either the conflict or similarity of the values and needs, and the formed behavior pattern becoming part of the individual's personality and habit system, and thus part of his motivation.

<sup>2</sup>E. M. Jellinek, *Recent Trends in Alcoholism and in Alcohol Consumption*; page 10 Table 6; and Harold A. Phelps, *Contemporary Social Problems*.

## COMPANIONSHIP OF ALCOHOL

(Continued from page 8)

the mutual feelings of lost souls and broken lives.

Travel from the slums to the glittering lights of plush night clubs to the subdued refinement of the key club and you will find the same problem, complete with an expensive covering. In these dimly lit retreats the business man, the tycoon, and rising young executive gather to seek a release that daily protocol denies them. The bar acts as a safety valve where men may loosen their inhibitions, and alcohol acts as the catalyst. A Scotch and soda does not quench the thirst nor could it be described as a taste-tempting liquid. A drink is strictly an emissary between imbibers, the common denominator of troubled hearts and minds.

It is reasonable to assume that the need for companionship is not the only motivation for drinking. However, Jack London's theory certainly typifies the drinking problem of his day and of ours as well. London proudly wrote in his book that he had conquered John Barleycorn, but his death is eloquent testimony to the fact that alcohol had never really relinquished its grip.

Better facilities for rehabilitation of alcoholics and a different attitude displayed by the average citizen can prevent many such tragedies in the future. If men are presented with other channels to release their pent-up emotions, the need for drink will soon diminish.

*Hates his  
profession*

## Motivation For Drinking

By Tom Quinn, '58

University of Utah  
Salt Lake City

**B**ILL J., 33, is married, has two children, and is a practicing attorney, as was his father.

While he was still in high school, Bill's parents had agreed that he, their only child, should enter law school and eventually take over his father's practice. Bill hadn't said much about their decision, but then he was an obedient son. He just went for one of his long hikes in the mountains.

He married Elaine, while he was in college studying law. Elaine, a forceful go-getter, seemed to be just what Bill, who was rather retiring and shy, needed. It was she who had insisted Bill stay in law when at one point he had verged on changing majors to forestry. After entering his father's firm it was Elaine who had talked him into joining the country club and the "right crowd." And the expensive home on the hill had been her doing too, but then a successful professional man must live like one.

The law practice Bill's father built up before he retired two years ago made Bill financially comfortable, but since that time the client list hasn't grown. In fact, of late it has definitely been shrinking.

Why? Because Bill drinks.

No, he doesn't just toss off one too many at occasional social functions. Bill's passed that stage. He drinks too much every day, beginning upon arising and continuing until bedtime.

Why should an intelligent, educated man, with a pretty wife, two loving children, and some measure of social and financial success, drink? Why do millions of men and women pull the cork and drink their chances of happiness away, ruining their lives and the lives of their families?

Bill's situation and the details of his life are his own, but his motivation for drinking is the same as that of the other five million alcoholics and an unestimatable number of problem drinkers in this nation.

With this in mind, let us examine Bill's case to discover his reason, or more correctly, his **need** to drink.

His parents dominated him in his youth. Rather than actively rebel and express his growing need for independence, he kept quiet or took to the woods to escape his feelings of frustration.

In college, studying the secretly loathed law, he was attracted naturally enough to Elaine, whom he allowed and expected to dominate him as his parents had done.

Bill still hates his profession, still doesn't and can't express his independence, still fears to fail and not "get ahead," and now that his father is gone, fears even more his responsibility to provide.

But Bill can't escape to the woods anymore to forget his conflicts and anxieties.

He can escape to the bottle.

Like other drinkers, Bill deadens his awareness of his maladjustments with alcohol. It serves as a defense against the oppressive forces of life.

(Continued on page 32)



*Most drinking  
is done in company*

## Why Some People Drink

By Betty Bower, '60

Nebraska Wesleyan  
University, Lincoln, Nebr.

**T**ODAY ALCOHOLISM ranks fourth in American public health problems. It is the cause of thousands of deaths on our highways each year. One out of four traffic fatalities involves a drinking driver. Drinking is also a moral issue in the home where three out of four broken families reveal drinking as a major trouble source. In social life, dollars spent for cocktails double the total contributions for churches. Why does alcoholism exist? Why do people drink?

For centuries man has used some form of alcohol. Primitive tribes used it in celebrations and ceremonies. Alcoholic intoxication produced an extreme form of excitement. The excitement created by the drinking of wines was thought to be a peculiar visitation of divine spirits. Today it may still be said that man drinks to produce excitement. This impulse is especially seen in adolescent years where drinking is directly motivated by the desire for excitement.

In many cases, relaxation is the object of much modern drinking. The pace of the world today has caused man to seek a means of relaxation for the sake of his mental health. Alcohol acts in a way to free the mind from its sense of strain. Patrick, an early writer on the problem of motivation, has said that this is the chief modern motive for the use of alcohol.

A large percentage of the reasons for drinking might be characterized by the term social pressures. It is certain that a large number of people drink on occasion, not because of any satisfaction in the alcohol itself, but simply to go along with the group. Social drinking results from social pressure to drink. In many cases, a person is made to feel that he must drink to be a good sport or to keep from offending a hostess. Most drink

ing is done in company; people seek excitement or relaxation together. Another social motive, especially for the adolescent, is the fact that drinking can contribute to a feeling of self-importance and independence. The alcoholic is the victim of his own inner drives and ambitions. His self-esteem may be so immature that he drinks to assert himself. Then there are some who drink simply because they like the taste of certain kinds of alcoholic beverages.

The deepest motivation which leads to addiction arises from the fact that alcoholic beverages furnish a cheap and easy means for escape from reality into a world of fantasy. Many people have a tendency to flinch from the worries and responsibilities of life and look for an escape. These people become the victims of habit. Psychologists are inclined to believe that the thing which makes a habit is not the mere repetition of the act, but the purposes and resulting satisfaction which one gets out of it. Mere drinking once, twice, or numerous times will not make the alcoholic. But just the moment any person begins to solve his problems or to secure his satisfactions with the aid of alcohol, that moment he has entered the broad road to addiction. The more serious and more deeply rooted in the emotional life of the personality the problem is, the more the resulting addiction is likely to be.

In conclusion it could be said that the answers to our question "Why some people drink" are four in number. They are: the primitive demand for excitement, the modern need for relaxation, the desire for sociability, and the desire for escape. It is especially important to understand these motives in the cure of extreme addiction and also in the case of moderate drinkers who intend to remain normal and moderate. Psychiatrists and physicians are especially interested in the motivations for drinking. The cure of habits must begin by replacing motives with other means for meeting the problems which the patients have been seeking to solve by drinking.

Two levels  
of motives

## Why Do Men Drink?

By Flora Alice Marlow, '61

Lambuth College,  
Jackson, Tenn.

**A**LCOHOLISM is the nation's fourth health problem today being preceded only by cancer, heart trouble, and tuberculosis.<sup>1</sup> We might expect to find that the increase in higher education today would be a safeguard against alcoholism; however, three out of four of today's college students are drinkers,<sup>2</sup> and the percentage of college graduates among patients with alcoholic psychoses indicates that trained minds succumb to alcohol as readily as do untrained.<sup>3</sup>

Why do intelligent men let themselves become addicted to this habit-forming drug? What motives prompt them to start drinking? Research shows that there are two levels of motives; incidental, the start of drinking; and habitual, that which tends to produce dependency on alcohol as a drug. A great deal of drinking today is occasional drinking because of some external and incidental motive. Habitual drinking is a result of the effects of alcoholic beverages and the satisfactions derived from them.<sup>4</sup>

The social drinker drinks with his friends in order to be agreeable and to conform to the pattern of whatever social group he may be a member. There may be a feeling that he must drink in order to be a good sport or to keep from offending a hostess. Such social compulsion to drink is an attack upon a person's individuality.<sup>1</sup> Another social reason for drinking is to "liven up the party," drinking for the "deliberate purpose of increasing the social feelings of good cheer and fellowship."<sup>2</sup> The average social drinker recognizes when he has had

<sup>1</sup>Lyman M. Fort, *Alcohol and You*, page 48.

<sup>2</sup>Upton Sinclair, *The Cup of Fury*, inside front cover.

<sup>3</sup>George A. Little, *Guard Your Grey Cells*, page 22.

<sup>4</sup>Albion Roy King, *Basic Information on Alcohol*, page 27.

too much to drink and can stop.<sup>3</sup>

The chronic alcoholic is a person who is unable to control his drinking. He drinks compulsively. He uses alcohol as a means of escape from life's pressures and tensions.<sup>4</sup>

From a survey made of the drinking situation among students in twenty-seven American colleges and universities we find that the first four reasons for drinking given in their descending order of importance are as follows: because of enjoyment of taste, to comply with custom, to be gay, and to relieve fatigue or tension.<sup>5</sup> Some doubt can be raised about the "like of taste" motive being in first place, for alcohol is actually disagreeable to the taste. The first drink is usually accompanied by a shudder. "Every drinker," according to Deets Pickett, "is forced to learn to like alcohol, usually against a terrific resistance of nature." The persons who said that they drank because they liked the taste may be, in many cases, according to the reporters of the study, attempting to provide a rationale for behavior which they may not fully understand.

Rooted deep in human nature is the need for stimulation. Those who drink because they think alcohol supplies this need deceive themselves, for science is very clear in stating that the use of alcohol decreases the power of function.<sup>1</sup> Alcohol is a depressant rather than a stimulant. It causes loss of self-criticism and a feeling of over-confidence. Senses and reasoning are dulled and motor control is impaired.

The story is told of a temperance worker in Ireland who was lecturing on the evils of drink. One by one he listed them until he came to the climax of his speech. Then he shouted, "Drink is undoubtedly the greatest

---

<sup>1</sup>Deets Pickett, *Temperance and the Changing Liquor Situation*, page 155.

<sup>2</sup>King, *op. cit.*, page 38.

<sup>3</sup>M. A. Block, "Alcoholism is a Disease," *Today's Health*, September, 1956, page 38.

<sup>4</sup>Howard E. Hamlin, *Alcohol Talks to Youth*, page 25.

<sup>5</sup>Richard N. Bender, *College Drinking*, page 1.

(Continued on page 31)

*It is only a custom  
with many people*

## **"I Wonder Why We Drink"**

By Elizabeth Russell, '58

Hartwick College  
Oneonta, New York

THEY WERE AT a cocktail party that evening; a cocktail party not unlike many they had attended before, and would attend in the future. The conversation as usual, flowed freely, and with the passage of time and the consumption of liquor, the prevailing conversation turned to a discussion of major problems; long-winded comments both irrelevant and pertinent were made by those already somewhat "loosened" by the liquid refreshments. George, over in the corner by the potted palm, usually a very reticent individual had had several cocktails, and, feeling left out of the conversation around him, attempted to create an audience for himself by proposing to the group the question, "Wonder why we drink anyway?"

Response to his inquiry was immediate, but not too enthusiastic. Some people were sure that it was merely because of social pressure—"just a custom"—others that drinking was done to relax—"does you good after a hard day."

Many variations along this theme were voiced, but no one seemed to feel that the question was too serious, or deserved very deep concentration.

Is this question important? Are the reasons for drinking simply those expressed in idle conversation?

Drinking, especially that type which is compulsive in nature, is thought to be caused by a combination of social and psychological factors. Superficial interpretations of the reasons for drinking are quite common. It seems on the surface that opinions such as expressed by our party friends are substantially true; that most people drink merely because it is a custom, an aid to relaxation, and a conversational and social warmer.

After closer observation and research, however, it



becomes evident that the motivational factors in drinking are much deeper than this. Particularly with those drinkers in whom the consumption of alcohol represents a compulsive type of behavior there are usually underlying personality weaknesses or abnormalities which cause the individual to turn to alcohol.

Often, alcohol represents a socially accepted avenue of escape from problems or frustrations. The drinker finds that after a few drinks his worries and difficulties appear less important; insurmountable obstacles when sober become easily solved problems while intoxicated.

The person under the influence of alcohol may feel that his thinking processes have become clearer. In addition to feeling that his problems are fewer and less important, he may think that he has suddenly arrived at astoundingly clear solutions to them. Actually, however, this is far from true. Alcohol does act to loosen inhibitions, but it does **not** improve intellectual functioning. Studies have shown that comprehension, abstract thinking, reasoning, and speed of performance are greatly reduced after only small amounts of alcohol have been consumed.

Drinking may also be due to a desire for ego-boosting. As mentioned, inhibitions and restraints are removed by the influence of alcohol, and the intoxicated person often feels very secure and important.

Of course, no authorities would completely repudiate the role played by social pressure in drinking. It seems evident that many people begin to drink because of the example shown them by their parents, social acquaintances, and business contacts. Social pressure, however, although a logical reason for the initiation of drinking, does not seem to be one of the major factors in its perpetuation, especially pertaining to the amount of drinking done by an individual.

It has been repeatedly shown that the reasons for drinking are often based upon personality factors, particularly traits of insecurity, frustration, and feelings of inadequacy and failure. Adverse factors in family relations during childhood may lead to the need for escape

of some sort, and alcohol is often selected as the avenue of this escape. Since drinking, except in obvious excess, is socially accepted, and even encouraged in our society, it is for many a convenient crutch to use in an attempt to compensate for inadequate adjustment. It is not however, a very adequate crutch; it not only does not improve the drinker's adjustment, but often contributes to his maladjustment by providing him with yet another problem: compulsive drinking or alcoholism.

*Personality in our  
Culture of today*

## Motivation For Consumption

By Roy C. Lundin, '58

George Williams  
College, Chicago, Ill.

**I**F WE TAKE A MAGICAL STEP backwards to the point where we can study our own society objectively, he can easily recognize some of the factors which may motivate a person to the use of beverage alcohol. Probably the most complex concept is the relation of alcohol to our folkways. Most individuals achieve an integration of their personalities with the existing culture, by accepting established environment patterns without question. Thus if alcohol is a part of the cultural scene in which an individual is raised, he will most likely retain attitudes, similar to those of his parents and his peer group.

A motivation for the consumption of alcohol then is simply that it is the natural thing. It can become an unconscious part of a person's life, and never be thought of as a problem until it one day gets out of hand.

Closely related to the folkways involving alcohol is the existence of social pressure as a motivational force. We all seek security and therefore become susceptible to social pressure. Advertising boasts claims of distinction, social leadership, and success, through the use of alcohol. College traditions revolve around beer drinking feats. Good fellowship is a by-product of drinking

Therefore social pressure exerts a strong force upon society.. So "come on and join in the fun" and the desire to belong and be accepted pushes the individual towards moderate "social" use of alcohol. As long as the fear of expulsion from the group is present, social pressure will continue to motivate persons to use of alcoholic beverages.

Curiosity is also not to be overlooked. Alcoholic drinks are disguising themselves with tomato juice, milk, whip cream and frosted glasses until they are almost a challenge. "What does it taste like?" "Well, I'll just try one!" Curiosity which is said to have been fatal to cats can also take its toll on humans.

It is absurd to regard habit as a simple motivator in the use of alcohol. Habit in this area is only a surface manifestation of a deeper cause. This is believed to be a way of satisfying a deep psychological need within the individual. But there must also be other less dangerous solutions which can be substituted. Many complicated psychological factors such as self punishment are possible, but these are so varied and involve isolated individuals so that mention of their existence is sufficient.

Alcohol is a narcotic! This points to the fact that many people use alcohol for the effect it has upon them. They feel better because alcohol dulls the finer senses and permits them to lose some of their inhibitions. They suddenly are better able to get along with people.

Of course alcohol will help you relax any depressant will, and relaxation is a big reason behind the consumption of alcoholic beverages. The extent of relaxation can vary from feeling good to feeling nothing. This is a valid motivation but it can also be replaced by other less harmful actions.

Finally our involved society and complex existence lead more people to alcohol as a means of escape. If we can not face our problems we seek a way to release the tensions and frustrations. Alcohol is an ideal but expensive escape. We can not blame a person who seeks a release. Releases are necessary, but the individual

must have a choice of several possible escape mechanisms. If the only release he recognizes is alcohol, then this is where he will turn for escape.

*Social sanctions  
—and other factors*

## Just Another Drunk

By Robert G. Meece, '58

La. Polytechnic  
Institute, Ruston, La.

**I** NCITED LADY to a friend: "And then this 'drunk' comes weaving down the road and — lucky no one was in the fool's way — there ought to be a law — there's anybody I hate it's a 'drunk'—."

"Drunk!" she called him, just another drunk. What is this person? What is "just another drunk?" Perhaps we'll gain a better understanding of the drinking problem if we take a closer look at this "drunk." Is this person a category, a stereotype? Would this person frighten you if he came suddenly upon you? Or would he look like any normal, well dressed person? Let's take a look!

This "drunk," by name, is Ben Robertson; his address is Room 117, College Station, College town, U.S.A. He is not a stereotype; he is an individual. He is not a category; he is a personality, a living, breathing individual, with all of the desires, emotions, triumphs, frustrations, and basic drives of a human being.

Walking about the campus today, he bears no resemblance to the wild-eyed youth who tried to straighten out a curve in the road last night.

Of course, everyone knows it was he who was driving the car, but for some reason Ben has been excused for what he did last night. He still eats dinner with his girlfriend, plays ball with the boys, and even goes to Sunday school once in a while. For the most part our

---

<sup>1</sup>Yale Summer School of Alcohol Studies, *Alcohol, Science and Society*, 18.



society has accepted the use of alcohol, at least at certain times in certain places.<sup>1</sup>

But Ben doesn't drink just because society sanctions drinking. We must consider other factors.

First, let's consider Ben's social status. Ben is a junior in college, reasonably popular, and vice-president of his fraternity. Since fellowship is a by-product of shared activities, Ben feels he must do what his friends do, and almost all of Ben's friends drink. Ben doesn't particularly enjoy drinking, but he does particularly enjoy drinking with his friends.

Then there is Helen, his girlfriend. She doesn't drink much; her parents always discouraged drinking. But girls who drink are dated more than girls who don't,<sup>2</sup> and besides, a few drinks help them to "loosen up" and enjoy themselves, to forget their studies and other problems, to release their emotions.

Alcohol does satisfy a need, "—the consciously or unconsciously felt need for relief from anxiety."<sup>3</sup> There is no doubt that alcohol satisfies a need. There are many substances on earth which man could eat or drink without harm, but most of them have been fashionable and short-lived. Only those from which people have derived a benefit have continued in use through the ages. Alcohol is one of these.<sup>4</sup>

One can scarcely deny the continued use of alcohol today when he finds that in the short period from 1947 to 1956 money spent for liquor advertising increased from \$175,000,000<sup>5</sup> to \$250,000,000<sup>6</sup> a year.

Third, let's consider Ben's family life. Ben never drank much at home, but his parents did. Statistics show that almost 90% of college students from homes in which both parents drink are drinkers.<sup>7</sup> No wonder Ben drinks! No one ever gave him any reason not to.

Psychologists tell us that within every person are

<sup>1</sup>"Drinking Girls Popular," *Science News Letter*, LIV October 2, 1948, 215.

<sup>2</sup>Yale, p. 162.

<sup>3</sup>Yale, p. 13.

<sup>4</sup>J. W. Irwin, *Alcohol and Advertising*, 16.

<sup>5</sup>Harry S. Warner, "A Modern Approach to the Problem of Alcohol."

basic drives which today's social standards will not permit to be fulfilled. Drinking, in the opinion of many, is an excuse to violate these standards with a minimum of disparagement to the individual's reputation. As far back as 2000 years ago a Roman lawyer said, "Drunkenness removes the shame that veils over evil undertakings."<sup>7</sup>

How can we remove that from which 70 million people<sup>9</sup> today derive some benefit? What is the answer? Do religious leaders have it? Do lawmakers or law-enforcement offices have it? Yes, they have some of it, but not all. Too many conflicting pressures, sanctions, and motivations exist with respect to drinking.

The whole answer will come only when the American people, especially those 70 million drinkers, gain a basic understanding of the influence and problems of alcohol in our society and determine to do something about it.

---

<sup>7</sup>Straus and Bacon, *Drinking in College*, 76.

<sup>8</sup>Yale, p. 84.

<sup>9</sup>*Alcoholism*. AFL-CIO Publication No. 52, November, 1957.

## WHY DO MEN DRINK?

(Continued from page 24)

curse of the country! It makes ye quarrel with your neighbor. It makes ye shoot at your landlord. And it makes ye miss him!"<sup>2</sup>

Perhaps the deepest motivation of all is that of escape. A cartoon in **Alcohol and You**" by Lyman M. Fort shows a man running to the shelter of alcohol to escape the bombs of overwork, frustration, difficulty, and responsibility. Other bombs that could have been dropped are those of social insecurity and maladjustment.

There is no true escape in alcohol, however, for it really solves nothing. It is not a cure for failure and will actually do more damage by making daydreams a substitute for effort and achievement.

Still other motivations should be mentioned, the first

---

<sup>1</sup>Pickett, *op. cit.*, page 70.

<sup>2</sup>Fort, *op. cit.*, pages 56-57.

of which is curiosity. "You know, Professor," remarked a frank young man, "what the books and teachers say about alcohol may all be true, but I would like to get drunk, just once to find out for myself."<sup>1</sup> Two other reasons for drinking are adventure and the seeking of satisfactions derived from the effects alcohol produces.

For those who have already become addicted to alcohol and its effects, Alcoholics Anonymous is perhaps the best answer. For those who drink now, future abstinence is the solution. For those who have not yet had their first drink—the wisdom and courage to say "No" will be the only safeguard.

"For those who have seen the misery and understand the devastation caused by drink—a continuing fight is the answer."<sup>2</sup>

<sup>1</sup>King, *op. cit.*, page 18.

<sup>2</sup>Sinclair, *op. cit.*, page 185.

## MOTIVATION FOR DRINKING

(Continued from page 20)

Bill also uses alcohol as a means of mutely striking back at his family by employing a socially disapproved mechanism that brings them hurt and shame. This adds to the conflicts in Bill, though, even as it gives him some immediate satisfaction.

Bill knows drinking is considered "cowardly and bad," and he feels guilty for indulging. More guilt, more anxiety, more reason for seeking the oblivion found in a bottle.

Even simplified here, Bill's need to drink stems from a complex motivation process. Motivation for other drinkers is equally involved, but all use the mechanism to satisfy a need to escape reality.

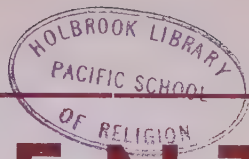
What can be done for Bill and the rest of the prostrate ranks?

Certainly what they don't need is pity, scorn, or sheltering.

What they should receive is psychological treatment for themselves and their families and concurrent medical treatment to correct the physiological damage to their alcohol soaked systems.

1967 KA-1  
PACIF. SCH. OF ABUSION  
LIBRARY-1799 SCENIC AVE  
SAN JOSE, CALIF

THE  
INTERNATIONAL



November  
1958

# STUDENT

## -And Digest of Alcohol Studies

### *In This Number*

The WATERLOO INTERCOLLEGIATE  
SCHOOL SEEKS ANSWERS

What IS the Alcohol Problem?

Moderation: A Way of Dealing With It

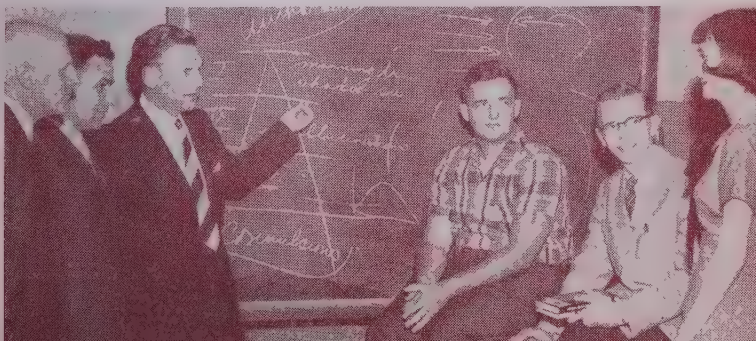
Abstinence: A Way of Dealing With It

Reversing Motivations

Student Seminars Seek Understanding

#### IN ACTION AT WATERLOO —

Left to right: Dr. John A. Linton, A. R. Goldie (McMaster), Dr. R. Gordon Bell, Donald Higbee (Southwestern, Tex.), Glendon Magarvey (Acadia), Katherine Kendall, (La. Polytechnic Institute).



ocracy  
omething  
er than  
erty; it is  
possibility"



# THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

November, 1958

Vol. 56, No. 2

THE Contents of this issue were produced at the 1958 Intercollegiate School of Alcohol Studies at Waterloo College, Waterloo, Ontario, August 23-28.

The 1959 Intercollegiate School is to be held at McMaster University, Hamilton, Ontario, August 22-27.

Arts and Science Building, Waterloo College.



THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio

# Intercollegiate School Seeks Latest Understanding

Intercollegiate School  
of Alcohol Studies

**I**N THE CLEAR LIGHT of very recent reports that alcoholism has doubled in the past ten years and the drinking custom has spread more widely than ever before, the Eighth Annual Intercollegiate School of Alcohol Studies at Waterloo College, Waterloo, Ontario, in August was very significant.

It offered to college students and student leaders in Canada and the United States an opportunity to study this growth in the very year of its greatest spread—its peak production of Alcoholics.

For, as reported earlier this year\*, a 1958 study of changes in Ontario, where the situation is no different from what it is in other provinces and states of North America, alcoholism has increased a hundred per cent in the past ten years. This has occurred notwithstanding the new health and rehabilitation programs that scientists, psychologists, the A.A.'s and improved educational methods have been able to accomplish toward prevention.

"It would be alarming enough to report that alcoholism had doubled in over a hundred year period," says the report, "but it has doubled according to the best statistics available, in a ten year period."\*

The program and philosophy of the School at Waterloo was planned to consider objectively and scientifically, yet realistically, the meaning of beverage alcohol in modern society, and the problems, personal and social, that flow from

---

\**MacLeans*; Canada's National Magazine, Feb. 15, 1958; "Alcohol and Tranquilizers", R. Gordon Bell, M.D., Ph.D. Reviewed in the *International Student*, April-May, 1958.

it, as fully as could be done in as short a time as five days. It offered as much information as high standing scientific speakers, research experts and psychiatric experts could bring in lectures, followed by unlimited freedom for discussion.

The titles of the lectures indicate the range of study and thinking encouraged at the School.

"Scope of the Problem"; Dr. Wayne W. Womer, Richmond, Va., Secretary of Alumni, Yale School of Alcohol Studies.

"Basic Information"; Dr. R. Gordon Bell, Toronto, Ont., University of Toronto and Head of Clinic, Willowdale Hospital. Two lectures, "Physiological" and "Psychological."

"Motivations for Drinking"; Dr. David Stewart, Psychologist, Bell Clinic, Willowdale.

"Alcoholism in Modern Industry"; Dr. W. H. Cruikshank, Toronto, Bell Telephone Co. of Canada.

"Alcoholism as It Affects the Home"; Mr. Donald Finley, Psychiatric Social Worker, Alcoholism Foundation of Canada.

"Alcohol and Traffic"; Sargeant H. Henrich, Traffic Division, Kitchener Police Department.

"The Alcohol Problem in University Life"; Dr. J. A. B. McLeish, Ottawa University.

"Alcohol in a Technological Age"; A Panel

"Moderation: A Way of Dealing With the Problem"; Chaplain John E. Keller, Willmar State Hospital, Minnesota.

"Abstinence: A Way of Dealing With the Problem"; Dr. Wayne W. Womer, Secretary of Alumni, Yale School of Alcohol Studies.

"Alcohol: A World Problem"; Dr. John A. Linton, Toronto, recent Delegate World Congress Against Alcoholism, Istanbul University, Turkey.

"Background and Forecast"; Dr. Harry S. Warner, Columbus, Ohio, General Secretary, Intercollegiate Association. Latest Available Films Each Night.

Full Evening Session With A.A. speakers and 50 Students talking in Small Groups With 50 A.A.'s.

DAILY SESSION in four Seminar Groups, a final night banquet and the awarding of certificates.

*Condensed from  
the Opening Lecture*

# What Is The Problem Of Beverage Alcohol?

Wayne W. Womer

**T**HE ALCOHOL PROBLEM is not a single problem—nor a simple one—but a series of problems, personal, moral, medical, family, community, economic, industrial, safety, police, legal and governmental.

For over a century many people have been vehemently opposed to the manufacture and sale of alcoholic beverages; they have sought to have the traffic removed by law. Some believe it immoral to drink. Others condemn drunkenness but do not regard drinking itself as immoral or the gaining of profits from the sale of alcoholic liquors as wrong. These points of view, and others, are given support at times with considerable feeling and controversy.

The use of alcoholic beverages in a community, is accompanied by behaviour on the part of some drinkers which involves the entire community, non-drinkers as well as drinkers. Intoxication, traffic accidents, court and jail situations, neglect of family, of job responsibilities, and disorganization of the individual in his relation to the community are some of the resulting problems that burden society.

## Size of the Problem

To illustrate the size of the problem we may note that about 56,900,000 people in the United States use alcoholic liquors. This means that 55 per cent of the adult population drink, but also that 45% do not. The present per-capita consumption is 24.68 gallons per year, or 50 gallons per drinker above fourteen years of age, at a cost, in 1956, of \$10,500,000,000. The United States is second only to France in the number of alcoholics, slightly over 5,000,000 and at least 3,000,000 more heavy drinkers.

## Alcoholism

Dr. E. M. Jellinek, founder of the Yale Center of Alcohol Studies, Yale University, described alcoholism as a physical, mental and spiritual disorder of living.

Dr. Selden D. Bacon, Director of Yale Center, gave a classic description:

"Alcoholism affects the affected individual adversely in all social aspects—marriage, job, religion, citizenship, property care and ownership, neighborhood and friendship associations; it affects his entire emotional life; it usually deteriorates physical well-being. Adverse circumstances, illness or accidents may affect an individual in his amusements, in his daily routine, in his family life, or in several ways at once; rarely do they affect all of his life activities, relationships and beliefs, and affect all of them adversely. **Alcoholism does.**

"As a problem, alcoholism has increased significance because when it strikes the individual it hits his entire existence.

"Alcoholism does not afflict the individual for a week or a month or a year as do most accidents and diseases; unless successful remedy intervenes it will afflict him for life.

"Alcoholism affects the associations to which the individual belongs or to which in normal course of events he would belong. It affects wives, employers, parents, brothers and sisters, children, employees, neighbors. It affects them all in the same way—weakens, deteriorates, disrupts.

"Alcoholism affects a myriad of social, charitable, religious and governmental agencies. It affects them the same way, trouble, irritation, frustration, money.

"Alcoholism affects the entire public; some times they are shocked, some times amused, often disgusted, occasionally frightened. Less noticeable, perhaps, because they lose the worth of 5,000,000 adult members of society for greater or lesser periods and eventually pay the bill.

"Alcoholism is a problem numerically large, which has damaging effects on a broad variety of social institutions and cultural and moral values. Alcoholism is a problem which, when it cuts, cuts deep."



## **Social or Moderate Drinking**

Where can be found an acceptable definition of these terms? In American society they have widely different meanings. It is known that problems can arise from such drinking however defined. It is not the drunk driver but the drinking driver that causes many automobile accidents. Skilled work may be affected by 'moderate' drinking; the moral standards of conduct may be affected. Alcohol does not make one tight; it makes him loose. Drinking at all can lead to heavy drinking and alcoholism.

Very little attention has been paid to the consequences of social drinking; most of the emphasis is being given to alcoholism. This area needs to be thoroughly investigated, since social drinking is such a widely accepted pattern.

## **Industrial Problem**

In a recent article in **Business Week**, "The Drunk: He's Management's Baby," a conservative estimate is quoted from Yale Center of Alcohol Studies, that there are 1,650,000 full-fledged alcoholics whose drinking keeps them off the job a total of 36 million work days a year. In addition, there are millions of heavy drinkers who drag through millions of unproductive hours as half-men; they alienate customers when they are low, make mistakes, cause accidents and provide tomorrow's alcoholics. Most of them, nearly 1,700,000, are between ages of 35 and 50, the age when industry expects most from them. This makes the problem serious in many companies. In terms of money the loss, passed on to the consumer, well exceeds a billion dollars a year.

## **Alcohol and Motor Traffic**

Drinking is a considerable factor in highway accidents. The National Safety Council reports that in 26 out of 100 fatal accidents a driver or pedestrian had been drinking. And that 7,590 persons were killed in accidents due to alcohol. Effort is being made to educate the public that it is the drinking not the drunk—driver that is the menace on the road; that there is enough alcohol in a couple of beers to

impair reaction time, coordination and the skill necessary to safe driving.

### **The Problem in the Family**

In a recent study, "Drinking and Divorce", Dr. William M. Kephart, Sociologist, University of Pennsylvania, reports that drinking and marital disruption are several times greater among drinkers than among the general population. The Philadelphia Bar Association, in a statistical analysis of city divorce records, found that out of 1,434 divorces granted by Common Pleas Court, No. 6, excessive drinking was a causal factor in 21.1 percent of the cases. Inebriety was highest among semi-skilled workers where the divorce rate was highest. In cases where the wife was the plaintiff, inebriety was a causal factor in 26.3 percent of the cases. Judges of Domestic Relations Courts often state that alcohol is a major disruption factor in marital relations.

The wife of an alcoholic writes: "I am exhausted by ever increasing days and nights of being hounded by my husband . . . having lived on the brink of disaster so long. Who knows what a drunk man will do next? I have been knocked down and wooed back so many times that I am ready to fly into a million pieces; and what about my children?"

Wherever there is an alcohol problem in the family the children feel insecure, fearful, often neurotic. In my own counseling with large numbers of young people many have been more concerned with home problems than personal problems. They don't know what to do about father's, or mother's, drinking behavior. "How can I help my mother? "I don't want my home broken up."

In such family life the problem of alcohol is at its worst.

### **Juvenile Delinquency**

Our American nations are becoming concerned over the rising tide of juvenile delinquency. Thinking people are puzzled over the fact that delinquents are coming out of the homes of the privileged to a greater degree than from the underprivileged. In public discussion the influence of alcohol is not often mentioned; practically no information is avail-

(Continued on page 60)

*Condensed from  
the Lecture*

# **Moderation: A Way Of Dealing With The Problem**

**Chaplain John E. Keller**

**I**T SHOULD BE SAID at the beginning of this lecture that the material I present is not "for drinking", of "for moderation", or "against abstinence". It is simply a consideration of the moderate use of alcoholic drinks as a part of the whole picture of the social problem that needs objective study. It is my conviction that each individual has to make a decision for himself; that neither abstinence nor moderation is necessarily the "best" or "right" decision for all people.

Neither abstinence nor moderation is a virtue in itself. People can have good and bad, right and wrong, wholesome and unwholesome reasons for either. This statement makes it clear that my consideration of the subject will be centered in morality. If I am qualified at all to speak on the subject, it is as a pastor from the moral view point that is based on both science and the Scriptures.

## **Not Either, Or — but Both**

On the basis of the title, "A Way of Dealing with the Problem," I do not consider it my assignment to support such generalities as "the answer to the alcohol problem is moderation", or "it is allright to drink if drinking is moderate", or "moderation is a better way of dealing with the problem than abstinence." Nor do I take a look at moderation "over against" abstinence, as if this were some kind of warfare, but rather as a working together with abstinence. For should there not be allowance for what may be considered a wholesome kind of moderation for some people?

Then there may be some who have firmly planted themselves on the side of moderation. If they want to hear some-

thing that will strengthen their position, let me warn them ahead of time. Moderation as we will define it, can be something quite different than those so planted conceive it to be. If one happens to be "anti-abstinence" he will wonder whether allowance should not be made for a wholesome kind of abstinence.

In other words, I hope this consideration of moderation will not only bear the marks of validity from a moral viewpoint, but also will raise questions about what might be called extreme "wet" and "dry" positions.

### **Illogical Thinking**

Before we get to moderation, we should look at some of the thinking that is being done and said by some who are for abstinence, particularly those who consider the abstinence-moderation issue as a warefare. They say that the cause of alcoholism and other alcohol problems is alcohol. They cancel out the human being and make alcohol the sole and primary cause. That has me puzzled. There is something very unrealistic and unhealthy about thinking and trying to get other people to think, that this kind of problem is totally "something" rather than "someone." Let me use the same logic in regard to the divorce problem. The cause of divorce then is marriage. How convenient but tragic it would be if people were led to believe that divorce is totally a "marriage" problem rather than primarily a "human" problem.

Within some church circles and among certain abstainers there is the idea that alcohol is "evil", drinking "inherently sinful." There is absolutely no support for this in the Scripture. Drunkenness is clearly condemned. But beverage alcohol is considered a gift of God and its use sanctioned.

Another statement frequently made is: "The person who abstains will never be picked up for drunken driving, never have a car accident because of drinking, never become an alcoholic." All of this can be said of many people who drink. It is the logic that is to be questioned. Applied to marriage and divorce the conclusion is that if you don't marry you won't be divorced.

## What the Scriptures Say

Approaching the drinking question from the moral point of view let us see what we find in the Scriptures.

Wine, the common alcoholic beverage in Bible times, is considered to be a gift of God by the Psalmist; "wine to gladden the heart of man." It is among the blessings for which he praised God. In Ecclesiastes we read, "Drink your wine with a merry heart." Christ, Himself, drank wine. He said, "The Son of Man has come eating and drinking. You say, 'Behold a glutton and a drunkard'." He was not denying that He drank wine, but that because he did so they called him a drunkard. In performing the first miracle at Cana Christ sanctified the use of wine at that marriage feast.

It say that the wine referred to was not real, is to ignore the meaning of the text and the impossibility of keeping grape juice from fermenting in the climate in which the Jews were living.

In the Scriptures there are some very strong, clear, negative statements of condemnation against drinking. Typical of these: In Isaiah, "Woe unto those who rise up early in the morning, that they may run after strong drink, who tarry late into the evening till wine inflames them"; "Woe to those who are heroes at drinking wine and valiant men in mixing strong drink;" "Wine is a mocker, strong drink is a brawler; and whosoever erreth thereby is not wise." Proverbs speaks to those who "tarry long over wine." First Corinthians lists drunkards with those who shall not "inherit the Kingdom of God." Kept within their context all these passages deal with excessive drinking.

There is strong condemnation of drunkenness but beverage alcohol is not branded as "evil" and drinking as "inherently sinful."

Actually, more Scriptural support can be found for moderation than for abstinence. This sanction, however, does not give reason to jump to the conclusion that it is alright for everyone to drink beverage alcohol in moderate amounts. This we shall consider later.



From the moral viewpoint, then, the consideration of moderation begins with the conviction that beverage alcohol is a gift of God and its moderate use permissible. The question then becomes, "What is moderation?" The common meanings are: freedom from excess, observance of reasonable limits, limitation in quantity. This is what many people think. What is missing in these definitions is the content of the motivation for drinking. Neither abstinence nor moderation, in terms of amount drunk, is a virtue.

### Basic Reasons

In order to look at the reasons and to define moderation more clearly, I suggest five basic reasons for drinking:

(1) Religious. This is best seen in the use made by the Jews in their religious life and by Roman Catholics and some Protestants in the Sacrament of Holy Communion. It isn't the small amount alone that makes this moderation. It is the context in which and the reason for which the alcohol is drunk.

(2) Beverage, social, like the drinking done and approved in the Biblical record at the wedding in Cana, where people drank in moderate amounts as a beverage, not as a sedative, and in a social setting. This is moderation, not just because of the amount, but specifically because of the context in this kind of drinking, and because it is taken as a beverage to be enjoyed like tea and coffee. There is here no dependence upon alcohol, no seeking of violent effects.

Some people find it difficult to imagine drinking for this reason and in such moderation, but this is the description of the drinking of many; for instance, a glass of beer as a refreshment; beer, wine, or a cocktail before a meal in a social setting. People who drink for this reason and in a wholesome context, do not put pressure on others just to have them drink, or to have them feel accepted, or to maintain status within a group. Where there is such drinking, which is our definition of moderation, a person feels free to say "No thank

you, I don't care for any," without feeling left out. Moderate drinkers, thus described, will make provision for other refreshments for those who do not drink, or omit beverage alcohol altogether. It just isn't that important. This kind of moderation without question, is sanctioned by Scripture as morally right and as **virtuous as abstinence**.

(3) **Rebellious drinking** to express hostility towards authorities or parents who have been very authoritarian. Whether such drinking is excessive or in lesser amounts, it is not moderate drinking. It is done for a wrong, unhealthy reason in that it is a wrong and inadequate way to deal with hostility. It is a misuse of the beverage.

(4) **Superficial drinking**, "to belong to the group," "the popular thing to do," "evidence of distinction," "acquire and maintain status," "smart," "sign of being grown up," "business reasons." Although drinking is commonly done for these reasons, beverage alcohol ultimately has nothing to do with any of them. This kind of drinking is not a measuring stick of status, dignity, or intelligence. Nor is it an absolute requirement in business. It is not the purpose of beverage alcohol—God's design. That's why I call it superficial. Although it may be moderate in amount it is not moderation, according to our definition, because of the context; the reasons for drinking are wrong and unwholesome.

(4) Violent reasons, seeking the sedative effect of alcohol to get drunk, relieve anxiety, uneasy feelings caused by feelings of inferiority, inadequacy, loneliness, guilt. This is running away from reality, misusing alcohol as a sedative not as a beverage. These last three reasons are a misuse of beverage alcohol, outside the sanction of God.

These last two contexts—superficial and violent—for drinking are extremely prominent in our society. Drinking "to belong to the group," because "everybody does it," because it is "popular," "a mark of distinction," to "gain social status," "to gain business," are so prevalent that most of the liquor advertising is directed to them. Father Ford, a prominent Roman Catholic, who has made outstanding contributions

to this subject points out that these terms, so commonly connected with drinking in the United States, are violent terms, indicating that many people are seeking violent effects from alcohol. Although this kind of drinking is prevalent in our society, it would be risky for the liquor industry to appeal to such reasons in their advertising. They know it, and so they concentrate on the accepted and common reasons for drinking.

These contexts for drinking are so extremely common that some abstainers consider them the only reasons people have for drinking. Moderation, as we have defined it, is foreign to their thinking on the subject.

### **Contexts Explain Misuse**

Nevertheless, the prominence of the superficial and violent contexts in the use of alcohol are very significant. The fact that so many are misusing the gift of beverage alcohol, means that there is added danger for many. It is easy for people to drink in these contexts without being fully aware of their real motivation and the danger there is in such drinking.

When we put all of these considerations together there seems to be every good reason for young people to not drink while they are maturing. If teenagers are thinking of drinking, for instance, they will be wise to delay decision until they have reached adulthood. Because of the prominence of the superficial and violent contexts, it is so easy for young people to drift into drinking for reasons that may block their emotional development and put superficial values into their lives, they may fail to learn to face life responsibility. Growth into adulthood can be thwarted if the reason for drinking is "superficial", or stopped if the drinking is in such a context that it leads into alcoholism.

Without calling beverage alcohol evil, then, or insisting that abstinence is the only right way, is it not reasonable and best to say to young people that they accept the teen years as a time of abstinence, a time to learn for themselves,

(Continued on page 54)

# **Abstinence: A Way Of Dealing With The Problem**

**Dr. Wayne W. Womer**

**P**EOPLE WHO ARE INTERESTED in finding a solution for the Alcohol Problem today, present two different programs toward accomplishment of this purpose: One is to use it only in moderation, the other to abstain from it entirely, both as moral principles.

To the moderation group, alcoholic beverage has important values; the problem is not alcohol as such but alcoholism. Ways and means should be found to prevent people from becoming alcoholics, if possible, and to perfect therapy for them, if they do. People should be educated to be moderate in the use of alcoholic liquors.

## **The Non-Drinking Idea**

The abstinence idea is that alcohol itself, used as a beverage, is the problem, the major source of alcoholism and of many attendant evils, personal and social. The values which people think they get out of it are mainly illusory. They lose their value when judged in the light of man's total experience. Solution, therefore, is by education and propaganda for complete disuse. Some advocates believe abstinence should be wholly voluntary, others that social and other restraints are necessary to insure success. Abstinence advocates state without contradiction that no abstainer ever became an alcoholic. It should be added, also, that moderation is impossible as a social project without some restraint.

## **The Moderation Idea**

Moderation, which no one has ever defined exactly, is the oldest proposed solution of the problem of drunkenness. All the great ethical literature of history condemns the evils of excess and pictures the good man as temperate. From the

study of both Hebrew and Greek literature, two general opinions can be offered:

First, the problem of alcoholism did not exist in the days of the Hebrews and classical Greeks as it does today.

Second, the idea of total abstinence for all people as a solution of the evils of excess probably was not thought of.

Drunkenness is severely condemned; it is pictured as a vice of kings and princes. No doubt wine and beer were available to the masses but only on festival occasions. Ancient literature portraying the poverty and suffering of the masses, as in the book of Job, makes no mention of drunkenness as either a cause or a part of the degradation. The Rechabites and the Nazarites in the Scriptures are notable examples of total abstinence. It was a part of their dedication to the Lord; it is startling in view of the fact that in much of the ancient world the effects of wine were given a religious meaning. That the heathen found religious significance in intoxication, may have been a reason for the repudiation of

## THE INTERCOLLEGE





wine by these Puritans. Their practice, however, was never advocated for all Jews. There are over 150 verses in the Bible that condemn drunkenness.

### **Early Diverging of the Ideas**

In Greek culture the worship of the Wine God, Bacchus was frankly a cult of drunkenness. The festivals were a time for orgiastic drinking. This practice was criticized by some of the moral teachers. Plato advocated a policy of abstinence for citizens until 30 years of age; strict moderate use of wine between 30 and 50; and thereafter no limit.

During the early centuries, the question was raised by one sect of the Christian church which condemned the use of wines for Christmas. St. Augustine repudiated this practice and defended wine as a gift of God. The Catholic tradition has followed this view. Protestant reformers of the sixteenth century accepted the same pattern. Luther extolled the virtues of wine; Calvin was a moderate user, although drunkenness was severely junished at Geneva. Alcoholism was not

## **SCHOOL OF 1958**



raised as a problem at that time.

### **Very Different Today**

The drinking picture is very different in the light of social history in modern Europe and America. Distillation to produce beverages of high alcoholic content, improved methods of manufacturing and storage, and modern, high-pressure sales promotion, have created a social problem that is vastly different from the drinking patterns of earlier ages. Alcoholic beverages are available almost everywhere, to everyone, young and old alike. Enormous sums of money are spent every year, over television, radio, and in newspapers and magazines to encourage everyone to drink -and to drink often.

Total abstinence as a rule for religious groups and a proposal for social control became prominent when Quakers and Methodists in England launched a campaign against distilled or hard liquors, in the midst of the 18th Century Industrial Revolution. It was at this time that the evils of drink reached an all-time high in human history. In the early 19th Century these pioneers were joined by many other religious groups, thus forming the modern temperance movement. At first, the emphasis was on moderation; then abstinence. While the movement was largely Protestant, many prominent Catholic leaders joined it, as Father Matthew, although Catholic doctrine remained as it had been earlier.

### **Responsibility of the Moderationist**

Today, it is not enough for those who believe in moderation as the moral solution to quote Aristotle and the Bible, to rest on tradition. Neither is it enough for abstainers to do so. A vast and tragic social problem confronts the modern world. The individual who begins to drink confronts a personal problem; even if he is sure of himself, he must think in terms of social responsibility to play the role of a modern citizen.

At present, we have a revival of the ancient cult of Bacchus. The saloon has been turned into a glittering chrome tavern; the dim lush cocktail room has a white coated priesthood; the favorite time for assemblage is Saturday night. Without

question, drink culture now stands as a formidable rival to Christian culture and the church. Its creed is moderation, which cannot be defined.

Sincere moderationists face two questions: First, the possibility of achieving a kind of society in which the use of alcoholic beverages may be kept in strict moderation; second, to develop a precise understanding of what the values are in moderate drinking, and whether these may not be secured in other ways.

The members of Alcoholics Anonymous state freely that they tried, long and hard, to get certain satisfactions out of drinking that they did not get out of daily living. In the process of rehabilitation however they learned to get greater satisfaction out of **not** drinking; thus they became abstainers. Could not a moderate drinker make this discovery for himself?

Furthermore, although the emphasis down through the ages has been on moderation, drunkenness has never failed to be a serious result. The five million or more alcoholics and the three million heavy drinkers today make it a major health and social problem.

There are many moderate drinking social groups, but what is required to keep them moderate? Yale University made a thorough study of the Italian community of New Haven, in which everyone drinks, yet is free from heavy drinking. The community is closely knit together and is centered in family life. Moderate drink customs have been handed down for many generations. Community bonds are stronger for the reason that they have been transplanted to a foreign environment. Total abstinence is unknown yet the investigators found few signs of alcoholism. The few alcoholics, if there are any, are suppressed and hidden from the community. It is evident that powerful sanctions operate to prevent excessive drinking. These are more powerful than any that can be set up by a city or state. The criterion of "too much" seems to be the loosened tongue. One must not drink to the point of talking freely.

Compare the drinking which prevails in such a group

with that of an American community where "the loosened tongue" and impulsive behavior are deliberately sought—often the reason for drinking more and more. Do you know anywhere that such patterns as those of the Italians are enforced by sanctions that come out of the group itself? Instead, excess is often given approval, awarded because an intoxicated person is funny, interesting, more exciting than when sober.

Another difficulty with moderation talk and propaganda is that it is designed not to create sanctions against excess, but to enlist more drinkers and sell more intoxicating beverages.

### **How Important is Drinking?**

The central question is whether the values of moderate drinking are really important. Are they important enough to risk the possibility of alcoholism? The probability of creating hazards that confront everybody?

Moderation does not necessarily apply to the choice of a particular drink; or the taking of a certain quantity. The same quantity at different times may have different effects on the same person. The emotional outlook at the time of drinking, the contents of the stomach and other circumstances all have an important bearing. The motivations for drinking are exceedingly important in determining what is moderation.

Yet moderate drinkers, although few will admit it, seem to be seeking something as a result. For even as little as two beers, which could mean as much as .05% of alcohol in the blood, produces feelings of mild euphoria and diminishes anxiety and tension. Socially, in many groups, alcoholic beverages serve as "ice-breakers" to remove restraint and help people to talk more freely. Many such drinkers go further, drink enough to diminish normal inhibitions and blot out troubles. When a man finds what the bottle has to minister to his feelings, he so often fails to stop with two beers. The real or more serious motivations that sustain drinking are psychological needs that require larger doses. The extravagant praise of the moderate effects of alcohol in the literature and

advertising of today takes full advantage of the ambiguity in the word "moderation"; it implies results that go far beyond "two beers."

### **Modern Knowledge Repudiates Old Concept**

The concept of moderation down through the ages, has been based on the idea that an individual can, by exercising self-control, drink moderately if he desires, and that he who does not should be punished. This is the idea back of the laws of centuries ago that drunkards should be fined or sent to jail. Refusing to practice self-control, a man made a nuisance of himself, became dangerous. The concept of moderation was based on the major premise that all men could drink moderately if they would. The findings of modern science repudiate this concept. It is now certain that some people are so susceptible that, when they drink, they seem soon to be in the grip of a compulsion, lose control of their drinking. While many people do not get into this condition, it is impossible to pre-determine who will become alcoholic. As Dr. Robert Fleming, Harvard Medical School, says:

"Anyone who drinks enough, long enough, can become an alcoholic." And so many do, over a period of time, become dependent on this drug.

### **Christian Attitudes**

The Christian argument for abstinence is based on the Biblical command to "To love God First." The essence of sin is to love the created rather than the Creator, the beginning of a divided will. To abstain from drinking is a sure way to prevent alcoholism and other anti-social conduct resulting from intoxication. The part of the Christian church is not to become negative, merely to state its opposition to drunkenness, but to be positive and to demonstrate the satisfactions of Christian living as greater than any that can be derived from drinking. For the "Alcohol-free Life" is a better way of life.

There are great Christian truths shining through the pages of the Bible that give the Christian the language of love and persuasion to inspire people to take their stand for the Non-



drinking Life. They are:

- (1) Voluntary drunkenness is a sin.
- (2) The appetites of the flesh must be kept under mastery.
- (3) The body is to be kept pure and undefiled, fit temple of the spirit.
- (4) The care of life itself is the important part of Christian stewardship.
- (5) The individual is responsible for his influence over others.
- (6) The rule of Christian conduct—whatsoever you eat or drink or whatsoever you do, do all to the glory of God.

---

### **Moderation: A Way**

(Continued from page 46)

to know themselves better, to mature, and to get facts on alcohol so that as adults they can make the best decision for their lives. Hopefully they will never let their personal worth and dignity be measured by drinking. It isn't that important. Hopefully they will never turn to alcohol to resolve any problem in their lives.

As an adult, if a person drinks because he likes alcoholic beverages as beverages, and feels that his use will be in the beverage-social context, as we have defined it, and exercises proper judgment as to where and when he drinks, there is no problem. We need to recognize also, that in our society, where there is great misuse, many do drink with such moderation. Not to include these facts in the picture is to fail to have the whole picture. Where there is moderation that is not only moderate in amount but also has wholesome motivation, we might say that it is a way of dealing with the problem, as in abstinence with wholesome motivation.

---

ALCOHOL continues to be the chief offender among tranquilizers, because of the number using it—not because it is the most toxic of the nervous system depressants . . . all the other commonly used depressants are more toxic and destructive when used to excess for prolonged periods.—E. GORDON BELL

*Condensed from  
the lecture and  
discussion*

## Reversing Drink Motivations

Dr. David Stewart  
Psychologist

TO DISCOVER what drinking means to alcoholics, the motivations of early pleasure drinking may well be examined. Answers to questions usually elicit observations of this sort: "I drink to feel better, to gain freedom and ease, to get something more than I have when sober." From such positive, rewarding features of symptomatic drinking, clues to eventual recovery from alcoholism may be intimated.

It should be pointed out that early pleasure drinking merges into loss of control, destroying or nullifying most of the features of intoxication at its best. It is strongly indicated that alcoholics seeking recovery should distinguish between motivation for initial drinking and the compulsive causes of addictive drinking. This helps a patient in learning that his reasons, although vague and ill-defined, early in the game, do not necessarily qualify him as a sinister, weak, or deeply disorganized person. Addiction is a sickness; the addict is disturbed, but he takes heart and gains hope from the belief that his early behaviour was well intended and within the limits of his insight at the time. Certain common traits of problem drinkers are discussed with the patient for the express purpose of getting him to identify **deliberately** with as many of these traits—depression, sensitivity, grandiose and impulsive actions—as he honestly can **feel** with awareness.

The desire to be sober cannot be sincere and effective until the patient gets rid of fear—fear of drinking, fear of sobriety—that constitutes his resistance to recovery. An

attempt is made to reduce both of these fears by securing, if possible, an act of surrender. As long as an alcoholic suspects that he can manage his problem by himself, he is resorting to will power, a fear technique. But when he resigns himself to his condition, feels he cannot recover by himself, the fear of drinking disappears. Fear remains only as long as he believes that his will power is effective.

The other fear—of sobriety—disappears when he comes to believe that he will find in sober living the best features of his early intoxication period in a lasting rewarding way, but also in an order significantly changed from the order of drinking. In drinking, the order was pleasure, freedom, love. In sobriety, the order will be freedom, pleasure, love. There will be a difference in the quality of experience. Because of the similarities between the goals in early drinking and those in sobriety we say, "We stop drinking for the same reason we started." Only later, in follow-up, is it important to elaborate on the difference in **quality** between the rewards of drinking and those of sobriety.

The way out to recovery is through imitation. The "Do as I do, if you like", as contrasted with the "Do as I do or else"; the latter fosters one-way dependence, the former mutual interdependence. From free imitation the recovering alcoholic goes on to an approximation of the full-fledged empathic act—knowing himself better by understanding his fellow alcoholics better. This is a learning and growing process. Such is the free casual therapy of A.A.

---

"I am enclosing a check for \$30.00. Your budget indicates to me that you accomplish so very much with so very little. It seems marvelous."—A. E. Falconer, Va., Aug. '58.

---

"You have been doing splendid work and are deserving of support."—enclosing \$25.00—Tom Sanderson, Wisc., Aug. 5, '58.

---

"My experience with the top calibre leaders of the Intercollegiate Association has had a lasting effect upon my life. Thank you for all you have done in the way of sound guidance and the introduction of many basic principles of life.—ROY C. LUNDIN, Secy. South West Y.M.C.A., Dallas, Texas.

# A Daily Student Seminar

Elizabeth Russell, Sec'y.  
Leader—J. Robert Reagan, Jr.

**D**URING THE WEEK this group discussed many problems in the area of alcohol and alcoholism with emphasis placed upon those subjects that are in our own particular realm of interest and experience.

We spent much time discussing alcohol on the campus. All of the seminar members stated that they felt the problem to be of major concern. Particularly mentioned were such things as "weekend binge drinking", drinking as an activity in itself, and a feeling of being "pressured" to drink. In regard to administrative policies and attitudes, all the colleges represented had written regulations against drinking on the campus. It was interesting however, we felt, that restrictions on off-campus drinking were vague, generally unwritten, and apparently clear neither to the students nor the administration.

A discussion of "drinking vs non-drinking" social groups revealed that a distinction was actually often made that seemed to be a criterion in the selection of friends. The following explanations for this were offered:

1. Guilt or embarrassment on the part of either, leading to resentment of the other.
2. A "holier-than-thou" attitude, real or imaginary, on the part of non-drinkers.
3. Simple matter of difference in choice of places to congregate.

Some time was spent in evaluating the approaches used toward the alcoholic or problem drinker; the following were felt to be most effective in stimulating him to seek help:

1. That it is important not to force the issue; to wait until circumstances became such that offers of assistance are least likely to be rejected.
2. An attitude of interest and empathy, rather than condemnation is very important.

3. Assistance through example, unobtrusive, humble example.
4. Use of literature, such as that of A.A., placed where accessible.

Although the majority of our group were themselves abstainers, I think we were unanimous in our feelings of respect for one who prefers moderation, according to the definition given by Chaplain Keller. We felt that both groups definitely have a responsibility to work together toward a solution of the more acute problem of alcohol.

The advertising of alcoholic products was discussed at some length. We felt that the advertisement through such media as T.V., radio, magazines, etc. has an effect on the public consumption. One of the major detrimental effects is upon children and teen-agers who are conditioned toward an acceptance of drinking as a natural part in American society. We did not feel that such advertising was instrumental in leading a person to begin drinking, but rather that it is of more significance in the perpetuation of drinking.

The majority of the group seemed to feel that the bill being proposed to restrict interstate advertising of alcohol is to some extent an infringement upon rights inherent in our society, particularly since other products unaffected by this bill may also be harmful to health. This should not be misinterpreted to mean that we approved some of the methods used by the alcohol industry in their advertising as a group. We felt quite strongly opposed to such means.

We were interested in finding socially acceptable and harmless tension-relievers which might assist the person with an alcohol problem in finding a substitute for alcohol. The following are some of the ways mentioned:

1. Prayer and communication with God.
2. Painting, modeling and other forms of creative artistic expression.
3. Nature—creation of feeling of calm.
4. Discussion and fellowship.

## Leaders Daily Conference

Clementine Salder, Secretary

**F**OR THE PURPOSE of re-examining the lectures and field of the Intercollegiate Association, and to keep its program closely related to recent developments in scientific knowledge and experience, the Intercollegiate School leaders, staff, faculty members and students who had attended previous sessions, met daily in a Senior Seminar parallel with the three that were for students only.

The group discussed freely the basic philosophy of the Association and the changes now taking place as a result of growing knowledge, and gave particular attention to the following:

1. Evaluation of each present project of the Association.
2. Study of how to meet the need for increased financial support.
3. Enlarging the function and attendance of the Annual Intercollegiate School.

The discussions reflected a keen interest, indeed a concern, regarding the alcohol problems of today; also a growing sense of responsibility to find **improved and greatly enlarged** educational activities on this problem that are in full accord with modern educational methods. To do this, and to carry out these new ideals was felt to be a vital part of these summer schools. It was recognized that there are drinking and other alcohol problems on the campus that require particular attention, but also, that these are but mirrors of home community culture.

The unique opportunity that students and teachers who attend the schools have to extend the new approaches of the School, was brought out, including new activities on the campus, providing local groups with up-to-date study material, literature and films; providing friendly aid to freshmen to adjust to college life without encountering the "drinking crowd", and to demonstrate how people can have good times



without alcoholic beverages.

Local leaders, faculty members and students alike who were in the Waterloo School this year may render real leadership—even pioneer service—by aiding to set up campus seminars and discussion groups in their home colleges and home areas. They themselves, with the addition of an expert speaker, will be the most acceptable participants. In addition, they may select and recommend the best recent books, pamphlets and films. They can find ways to get themselves invited to speak on the problem and lead discussion groups, young adult classes and civic clubs utilizing the attitudes and procedures in which they had a part at the summer school. At the same time, they can begin recruiting attendance for the 1959 Intercollegiate School.

In these and other ways all those who have experienced the advancing influence of an Intercollegiate School can insure a carry-over of new leadership from campus to local college home and state communities.

---

## WHAT IS THE PROBLEM?

(Continued from page 40)

able. However, in a detailed study presented to a congressional committee on juvenile delinquency, Professor Glueck, Harvard Law School, reported his examination of 500 delinquent boys and 500 non-delinquent boys from exactly the same environment. He found that while some children become delinquent in slum areas, 90 to 95 percent do not; that 50 percent of the mothers of delinquents had criminal records and a high proportion drank to excess; that 62 percent of their fathers drank to excess and 66 percent had criminal records. Delinquent boys begin drinking early. Alcohol and drinking parents are playing a large part in our present area of juvenile delinquency.

A good indication of the difficulties we have in controlling drinking and drinkers is the relationship between alcohol and crime. According to FBI reports of 1956, alcohol-related arrests represented 59.49 percent of all arrests for all offenses.

It is difficult to generalize, whether drinking precedes crime or vice versa. Much police time is spent just in arresting drunks. The nature of intoxication enables a could-be criminal to excuse himself and rationalize his conduct. In headlines law-violators tell us again and again, "I did not know what I was doing, I was drunk." In many localities arrests for drunkenness are 70 percent or more of the total. The vast majority of police court cases are alcoholic. The common drunk is the most baffling of police court problems.

### **Economic Problems**

A Commission of the General Court of Massachusetts reported that "for every dollar of beer and liquor tax received, the State of Massachusetts spent over \$3.50 for known and measurable costs."

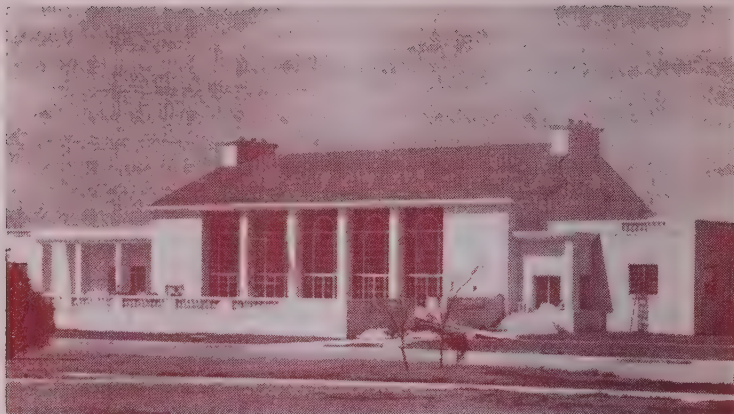
A survey in Utah disclosed that the state is spending more than \$6,000,000 annually to jail alcoholics and provide medical attention and in lost wages. For every dollar of beer and liquor tax received, the state spent \$1.50 or more caring for alcoholics.

A California legislative committee estimated the annual cost of alcoholism to the state as between \$120 and \$300 million per year, \$80,000,000 more than is collected through liquors taxes.

Such studies made throughout the United States reveal that for every dollar collected in tax money from liquor, the state is spending \$4.00 or more in attempts to aid liquor-afflicted individuals.

### **Conclusion**

Changes in the character of the problems of alcohol, occasioned by shifting social and technological conditions, necessitate frequent reinterpretations. A vast amount of research is needed before we can **understand the full impact** of the use of alcoholic beverages on society. However, from studies thus far made, it can be concluded that the widespread use of alcoholic liquors in modern society has become our number one social problem, as well as one of our four major health problems.



Union Building, Southwestern University, Georgetown, Texas

## Campus Seminar At Southwestern

ALBION R. KING, Ph.D.  
President, Intercollegiate Association

**T**HE CAMPUS SEMINAR on "Problems of Alcohol" at Southwestern University, Georgetown, Texas, last March is an illustration of what can be done in a college community when students, faculty members and the administration unite. Eighty-five students and faculty members participated in this two-day educational project.

Long and careful planning preceded the event. Students took the lead although faculty advisers and the Chaplain shared in the planning phases. Every student organization, fraternity, sorority and departmental club, named student delegates to attend the seminar. Deans excused these delegates from classes. The group included the entire range of student opinion and attitudes as well as representatives of all divisions of the student body.

The advance preparation included a student-managed survey of local college thought and attitudes based on the empirical method of Straus and Bacon's, "Drinking in College,"



S.W.U. Campus Seminar In Action, Bob Regan, Chairman

and under the guidance of the sociology department. In several departments preliminary studies were carried out on the effects of alcohol, the nature of alcoholism and programs of rehabilitation such as Alcoholics Anonymous. I have never faced a youth group which was so well informed or so thoroughly committed to a search for truth about the problem.

The program included lectures by a psychiatrist, a sociologist and a philosopher. Each lecture was followed by at least an hour of discussion and these were lively sessions.

Interest in the problem is far from spontaneous today on the campus; a negative attitude or resistance has to be overcome. But the seminar at Southwestern and a dozen seminars in other colleges across the land, prove that it can be done where students have the initiative and the leadership co-operates.

*NO APPROACH to the Alcohol Problem appeals to me as does this which strikes the problem at the level where it is bound to receive either its RECRUITS or its STRONGEST ANTAGONISTS.*

*—A Former Dean, Northwestern University.*

# **INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES**

**August 22-27, 1959**

**McMASTER UNIVERSITY  
Hamilton, Ontario, Canada**

COLLEGE STUDENTS of NORTH AMERICA and their leaders are invited to SHARE TOGETHER in study and creative service toward understanding the problems of alcohol in life today.

Among the speakers and seminar leaders are internationally known scientific and educational experts from both Canada and the United States.

For Information Folder Write:  
INTERCOLLEGIATE ASSOCIATION

11 Prince Arthur Ave.,  
Toronto 5, Ontario

12 North Third St.,  
Columbus 15, Ohio

---

**"The Liquor Cult and Its Culture"**

By Harry S. Warner, L.H.D.

## **BASIC INFORMATION**

This book seeks to include all the main aspects—cultural as well as scientific—briefly in popular reading style in its 118 pages. Price: cloth cover \$1.35.

Intercollegiate Association  
12 N. Third St., Columbus 15, Ohio

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC

THE  
INTERNATIONAL



JANUARY  
1959

# STUDENT

**-And Digest of Alcohol Studies**

*In This Number*

SOCIAL AND SPIRITUAL FACTORS  
in the Reduction of Alcoholism

The INTERCOLLEGIATE ASSOCIATION  
after Fifty Nine Years of Service

University Hall — McMaster University



democracy  
something  
per than  
erty; it is  
responsibility"



# THE INTERNATIONAL STUDENT

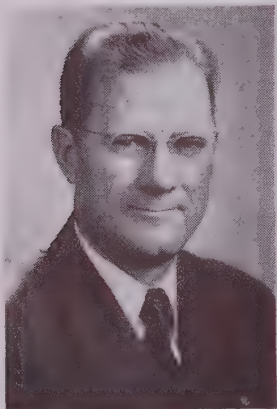
Harry S. Warner, Editor

January, 1959

Vol. 56, No. 3

## Latest From Research Centers Of Central Europe

FROM A WORLD view gained by recent contacts with scientific and research centers and philosophical thinkers in five months travel in Europe and the Mideast, Dr. Albion Roy King will give three lectures on "Basic Information" of the Alcohol Problem at the Intercollegiate School of Alcohol Studies, McMaster University, Hamilton, Ontario, August 22-27, 1959.



Dr. Albion R. King

With other noted speakers on particular problems of alcohol and alcoholism in social and personal living today, the School of this year will be rich in educational value.

Dr. King is Professor of Philosophy at Cornell College. He has brought a modern understanding of these problems to more colleges, faculty members and students than any other speaker in North America.

---

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio

*An Every-where  
Problem.*

# **Social And Spiritual Factors In The Reduction of Alcoholism**

By Albion Roy King

From an address, Linz,  
Austria, Sept. 25, 1958

**W**HEREVER ALCOHOL IS USED as a beverage there is an alcohol problem of some sort. That seems to include the world. Wherever human experience runs into frustrations, alcoholism results as a kind of neurotic adjustment. That, too, is universal.

I cannot, of course, pose as a world authority. Two trips to Europe do not make one an expert on Europe . . . not even an American.

But there is one source of information that all of us recognize—the World Health Organization at Geneva. This authority has made statistical studies for many years on all the countries for which adequate health records are available. From these reports it seems clear that alcoholism is worst in France, the north European countries, and the United States of America. It is somewhat less in Germanic and south European countries.

In these World Health reports alcoholism is taken as an illness with certain identifiable characteristics, not as a general term to cover drunkenness.

There is reason to believe that alcoholism is a very great problem in Russia. At the International Congress of Philosophy in Venice I discussed the matter with an American professor who had spent last year in Russia and with a Russian delegate. Both agreed that alcoholism is a matter of great concern to leaders in Russia. Basic statistics for

Communist countries, however, have never been released.

We must not make the mistake of thinking that the problem is the same everywhere. According to all reports, there is much less alcoholism in Arabian countries than in the west. This summer I visited with a Chinese medical professor from Formosa who said that among Chinese alcoholism is not thought of as a separate medical problem. It would seem that everywhere in the orient the conditions exist which in the west are thought to be the basic cause of alcoholism, such as insecurity of economic existence, yet alcoholism is reported much less. Yet again we must say that scientific studies of the question are lacking for the Orient.

### **Decisive Factors**

Spiritual factors, ancient taboos and the folkways of a people are the decisive factors in alcoholism. More than twenty years ago a distinguished Austrian psychologist, Dr. Kraus, declared that "Heimatlosigkeit" is the chief cause of alcoholism. To be torn away from the moorings of the old home, spiritually and physically, is the fate of many people. And where alcoholism is not a great problem the ties and security of the primary social group are very great; the soul of the individual is at home in an ancient culture. This seems to be the case whether the use of alcohol is tabooed altogether or whether it is used moderately; the taboo is on all forms of excess. In any case the culture provides some taboos or **negative controls**.

In the absence of objective studies my opinion is only a guess, but I imagine that there is less alcoholism in the Arabian world than anywhere else with the possible exception of China. There is an anti alcohol teaching which goes back to the Koran, and there is a closely knit family and tribal culture in which the individual finds his security. In Cairo and other Arabian cities the public houses, even though liquor is available, are crowded for hours with men drinking coffee and smoking the water pipe. A mark of the wealthy classes is to keep liquor and to offer it to guests, but drunkenness is not a conspicuous evil of the poor in Arabia,

*IT SEEMS perfectly clear that the prevention of alcoholism in any society requires powerful controls in the form of spiritual and social sanctions.*

*—Albion Roy King, Ph.D.*

as it is in Europe and America. The only drunkenness I saw in the Near East was in Turkey. According to a report from the World Congress Against Alcoholism in Istanbul two years ago, there is a growing problem of alcoholism in Turkey. It is doubtless a mark of the break from Islam toward western culture which has taken place in the last two decades.

### **No Drunkenness in Israel**

During my visit in Israel I made a special effort to see this problem in the midst of all the interesting things which are happening there. The Jews have a peculiar reputation as a people who use alcoholic beverages freely but with a minimum of alcoholism. There are some Jewish alcoholics in America, but all the studies which have been made give them a smaller percentage than any other ethnic or religious group. Studies of the drinking customs of Jews have been made by the Yale Center of Alcohol Studies. There is great interest in the question of how such a group in our society can maintain its moderation culture.

In Israel I inquired first at the Ministry of Public Health and learned there that alcoholism is not recognized as a public health problem. I was referred to the Ministry of Social Welfare. There I met a very competent lady, Miss Ruth Horovitz, who took the time to look into their reports and studies. In their mental health clinics there has been an occasional problem where alcoholism is a factor. In work with children they found an odd case where alcoholism in the parents was the cause of the child's delinquency and need. These cases have all appeared among the recent immigrants. Israel has strict legislation against drunkenness; in the past year there were only 80 arrests for drunkenness in the whole country, an

astonishing figure. In conversations with citizens I found reason to think that the police are quite tolerant, especially on festival occasions. Yet the figure is most astonishing. This figure for the whole country for a year would be comparable to the Monday morning line up in police court in one large American city. All professional people and civil servants are subject to dismissal for drunkenness, yet there was no case of record during the past year.

### **Social Sanctions**

Some interesting reasons for this situation developed in my conference with Miss Horovitz. The sanctions or compulsions in Jewish society against drunkenness are more fundamental than the threat of police action—they are spiritual and religious. The use of wine in the family circle is basically ceremonial; the home functions as the center of festivity and gaiety in Jewish culture. All manifestations of alcoholic behavior are violations of ancient taboos. In Israel the ancient culture seems to prevail even among the large number of secular and non-orthodox Jews. In all Jerusalem (that is in the Jewish city) there are only three places where a public bar is licensed for the purpose of drinking on the premises.

Equally important is the fact that for centuries the Jew has learned how to live with tension and insecurity and to adjust to them by those devices which aid his survival rather than his destructions. He finds his security within the family. Now in Israel he has found a national home. After centuries of "Heimatlosigkeit", er ist wieder heim gekommen. The great energy and dynamics of the new nation to secure its borders and perfect its institutions is a prime factor in this singular freedom from one of the world's worst evils.

### **Spiritual and Social Controls**

It seems to me that this Israeli story has important reflections for all those people who believe that a moderate drinking society is possible and are sincere in their efforts to find a way of solving the dreadful problem of alcoholism within a drinking culture. I stress the element of "sincerity" because

in America there is a great deal of moderation talk which is either designed to sell more alcoholic beverages or to justify a demand for complete liberty of action. It seems perfectly clear that the prevention of alcoholism in any society requires powerful controls in the form of spiritual and social sanctions. No system of legal controls or police action can be successful unless supported by such moral force. A great illusion of our western society is that we can break down all taboos and abolish all legal restrictions and achieve the good society by an appeal to individual reason.

The decisive question about alcohol is the motives for the drinking. Why do men use alcohol in our society? If the beverage is used simply as a condiment with the meals or for ceremonial purposes it is one thing. In that case no one needs to exceed more than a strict moderation. If nobody ever drank more than a couple beers—or to be more technical—if no one ever should get more than 0.05% of alcohol in the blood at any one time—there would be no alcohol problem. But that is not the drinking of our western society. Even the moderate use of alcohol will lead men to discover what it had to minister to the deeper psychological needs of the human spirit. Men drink to achieve excitement, social spontaneity, or relaxation and escape.

### **Drives Toward Excess**

This drive of the free human spirit toward excess is, to me, the main reason for abstinence. So long as drinking is strictly moderate it should not be difficult to give it up. One is not giving up something that is very important to him, but when he seeks to meet his psychological needs with alcohol he runs into all the hazards of excess. The alcohol-free life is the happier life on the whole and in the long run. In America about half of the people do not use alcohol at all. That is the achievement of the temperance movement of the last century. Still we consume too much liquor and the evils of drunkenness and alcoholism are one of our great national problems.

I should like to point out that alcoholism as such is not the only problem of alcohol; probably not the worst. The worst



is just plain drunkenness of ordinary normal people. The automobile accidents where alcohol is a cause are not the work of alcoholics. Very few of the crimes of violence in which alcohol figures as a factor are committed by alcoholics. Crimes are the work of normal people, many of whom think of themselves as moderates. When alcohol is the agent for the breakdown of moral principles the victims are the young and the normal.

Finally, I want to point out that alcoholism is increasing in the world. Perhaps I should speak first of my own country where the work of the churches, the schools, the temperance societies and the legislative bodies, has failed to stem the tide. When statistical studies were first made in America for the year 1941, the number of alcoholics was about three and one-half million. The last published figures are for the year 1956; they show that the number of alcoholics is now over five million. The figures for Canada are about the same, and I suppose they are for the European countries.

As a visitor from America it is good to see in this meeting the concern you have here in Austria. I wish you complete success in your effort to unite all good people to face this issue in new creative ways for the future.

---

## COMPARING ILLNESSES

Alcoholism is now 155 times more prevalent than polio according to a comparison of figures supplied by major national health authorities.

The figures line up like this:

Cancer .....	740,000
Tuberculosis .....	400,000
Polio .....	29,270
Alcoholism .....	4,589,000

This means that there are 6 times as many alcoholics as there are cancer patients in the U. S.; that there are 11 times as many alcoholics as there are active cases of tuberculosis.

It means that for every American hit by polio last year 155 were victims of alcoholism.

It costs the city of New York some 40 million dollars annually to provide food and shelter for 10,000 families on relief rolls because of alcoholic fathers. Welfare Commissioner Henry L. McCarthy estimated there were 300,000 alcoholics in the city.

# After 59 Years Of Full-Time Service

Report of General Secretary  
for the year, 1958

TO THE INTERNATIONAL COUNCIL:

**I**N EXPECTATION of resigning as General Secretary at the Annual Meeting of the Association, January 3, 1959 or within a year thereafter, this report is more comprehensive than is usual in a one-year report.



Gen. Secy. and Mrs.  
Harry S. Warner,  
at the Intercollegiate  
School of 1955, McMaster  
University, Hamilton, Ont.

The year 1958 in the Intercollegiate Association has been marked by a sense of freedom from debt such as we have not known in the past 38 years. The budget has been moderately enlarged, our substantial invested funds have been securely re-invested, our established educational projects have all continued with reasonable success, and exploratory steps have been taken toward an enlarged program that will include two-to-three-day forums or campus seminars with speakers and discussion leaders to be offered to colleges or groups of colleges in communities where educational projects on the problems of alcohol are desired. The

funds to employ a man to initiate this and related new activities have been promised for the first year. The Association is now in better financial condition to enlarge its program than in any previous year since 1930.

Among our tested and steadily-growing projects are the following:

This report was planned and partially prepared before the end of 1958, but could not be completed in time for presentation at the Annual Meeting, January 3, 1959. An audit of financial records by a certified public accountant will be available later.

**1. THE INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES**, held annually for college students; their leaders, and counselors. It offers five days of intensive study and discussion following lectures by some of the highest scientific, health, sociological, and educational experts in the North American field of knowledge relating to alcoholism, alcohol, and drinking in modern culture.

The School at Waterloo College in August, 1958 was one of the best. Students from 28 colleges and universities, as distant as Acadia in Nova Scotia; Duke and Wake Forest in North Carolina; Georgia Institute of Technology, Atlanta; Southwestern, Georgetown, Texas; Northern State Teachers College, South Dakota; and the central colleges of Ontario, Iowa, Illinois, Ohio, and West Virginia. Thirty-eight of these had received scholarships from the Roberts' Editorial Awards.

Begun in 1950 these specialized summer conferences for undergraduates, have become an established institution giving basic understanding and inspiration for service to our future leaders of public opinion and culture:

- 1950 - Otterbein College, Westerville, Ohio
- 1951 - Cornell College, Mount Vernon, Iowa
- 1952 - Victoria Univ., Univ. of Toronto, Ont.
- 1953 - Otterbein College, Westerville, Ohio
- 1954 - Univ. of Western Ontario, London
- 1955 - McMaster Univ., Hamilton, Ontario
- 1956 - Univ. of Chicago, Chicago, Illinois
- 1957 - Nebraska Wesleyan Univ., Lincoln, Neb.
- 1958 - Waterloo College, Waterloo, Ontario
- 1959 - McMaster Univ., Hamilton, Ontario

## **PURPOSES**

The School is intended to help participants—

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages.
- Recognize an objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.

- Develop thinking toward constructive action.

Over 450 student leaders and employed leaders of student societies, mostly Christian associations, have gone out from these summer schools with a keener understanding of the problems of alcohol in modern living, many with a sense of concern that leads to constructive action in the college and in society after graduation. Thus they are a leadership-equipping project with multiplying possibilities for the future.

**2. THE ROBERTS' EDITORIAL AWARDS,** are designed to encourage both study and writing by students, and teaching by instructors. Library research is encouraged but particular attention is turned to journalistic writing as if for publication. The Awards offer from \$1,800 to \$3,000 annually in cash and scholarships. In 1958, 102 cash awards, mostly in small amounts, and 38 scholarships, valued at \$30 each, for attendance at the Intercollegiate School of Alcohol Studies, were awarded at the local level and to the international finalists. This project is established by a fund provided by the late Logan H. Roberts of Yakima, Washington, who, as a student, was one of four to organize the Intercollegiate Association. The fund is continued by his son, Donald, a member of our International Council and now a trustee of the Association.

This project brings a particular—often new—aspect of the problem each year, personally, to a thousand or more students who otherwise would give it little or no attention. It creates a desire for information; it provides them an occasion to express the results of their study for awards and possible publication.

A significant result of this program is that faculty members are encouraged to do more teaching on the subject. They enlarge or give courses or parts of courses in their classes, particularly in English, sociology, psychology, and health. Reports from assignments lead to class discussion of conflicting ideas.

The following are samples of the work done at certain colleges on the theme "Motivation for Drinking" as suggested

by the papers submitted, after local screening, for entry at the international level:

Teachers College of Connecticut, Sociology, 50  
Univ. of Utah, Salt Lake City, Journalism, 25  
Nebraska Wesleyan, Lincoln, Sociology, 33 (99 written)  
College of St. Mary of the Springs, Columbus, O., English, 53  
Wartburg College, Waverly, Ia., Journalism, 21 (58 written)  
John Carroll University, Cleveland, Ohio, English, 25  
Lenoir Rhyne, Hickory, N. C., Sociology, 40 (2 classes)  
Eastern Montana College, Billings, Social Science, 27  
Acadia University, Nova Scotia, English, 19 (67 written)  
La. Polytech. Instit., Ruston, 26 (200 or more written)  
Cornell College, Mount Vernon, Ia., Philosophy, 20  
Hartwick College, New York, Religious Education, 40

In 1957 the series on "Alcohol and Safety" produced 1060 editorials. Of these, 746 were entered in competition for final awards. They came from 45 different colleges in the United States and Canada, the heavy majority from classes in which college grade instruction was given during the writing period.

### 3. ANNUAL PUBLICATION OF THE EDITORIALS

that have won highest international honors and their distribution among 1,500 colleges and universities in the United States and Canada, to individual students, professors, and all others working with the Association, is an additional project of educational worth. The subjects thus given to the public by student writers are as follows:

- 1947 - "Outgrowing Alcohol Culture"
- 1948 - "Applying 'Preventive Medicine' to Alcoholism"
- 1949 - "Social Pressure and Campus Drinking"
- 1950 - "Social Pressures Against Alcohol"
- 1951 - "Drinking: Personal or Social Responsibility"
- 1952 - "Can Education Solve the Alcohol Problem?"
- 1953 - "Opportunity of the Home in Solving Alcohol Problems"
- 1954 - "Social Drinking: What Do You Think?"
- 1955 - "Is There a College Drinking Problem?"

- 1956 - "Abstinence? Moderation? . . . A Fair Analysis"
- 1957 - "Alcohol and Safety"
- 1958 - "Motivation for Drinking"
- 1959 - "Release . . . From What? . . . To What?: Alcohol, Tranquilizers and Other Drugs"

4. **THE INTERNATIONAL STUDENT** under its present and previous names has been the organ of the Association for 56 years. It has gained a reputation for being dependable, scientific, and educational in the material and discussion that it offers its readers.

It directs attention to those aspects of the alcohol problem that are significant to people who think for themselves and to the scientific and socially responsible backgrounds on which personal and group decisions should be made.

Its position in this respect is unique—there IS no other periodical that is rendering similar service to perplexed younger people, either in or outside of college. It seeks to be of use to the many who face social drink customs and want a scientific foundation for intelligent decision, action, and service.

**The International Student** is the only publication on the alcohol problem that has been tested by a sociological Survey of Reader Interest. The results of this scientific test suggest that the publication should be continued, improved in editorial content and format, and made yet more acceptable for quick reading and study by younger people, outside of colleges as well as within, who face the highly controversial aspects of alcoholic drink, its culture, its sources, and its consequences.

There is an overwhelming need today for an interesting, objective, and "modern approach" periodical for young adults generally, group leaders and teachers in churches and church schools, teachers in high schools, and leaders of "the younger generation" of today. To win their confidence—the confidence of **THOSE WHO NEED IT MOST**—any such publication must be educational, scientific, and free from propaganda. **The International Student** approaches this ideal; there is no other that even tries to do so. To this end we should enlarge



its content and add an Editorial Council composed of students, recent students, professors, and leaders of young adults to review each issue, recommend subjects to be treated, writers who understand, and articles for digest treatment, and to help extend circulation.

**5. SPECIALIZED NON-PROPAGANDA BOOKS AND PAMPHLETS** on specific aspects and problems of critical interest have been, and should continue to be, written and published by the Association as occasions for particular emphasis arise.

The book of particular service in the last few years is **Basic Information** by Dr. Albion R. King, President of the Association, published at Cornell College, Iowa. It is regarded as indeed "basic". The New Understanding Series, published by the Intercollegiate Association, includes a book **The Liquor Cult and Its Culture** by Harry S. Warner, L.H.D., and three pamphlets, "A Modern Approach to the Problem of Alcohol", "Alcoholic Release and Public Safety", and "From the Alcoholic Way of Life to the Natural" (the life story of an alcoholic). Thousands of these are supplied, mostly free, to student writers and others studying these obvious aspects of the problem as they stand out today.

**6. LECTURE SERVICE AND CAMPUS SEMINARS.** It is now possible to initiate and thoroughly test a program of direct service in college communities with the co-operation of interested faculty members, students who attended the summer schools and other local leaders—a program that will include highly qualified speakers and student leaders in one-to-three day conferences and campus seminars—with a new philosophy of approach, and techniques that will be acceptable and effective today.

All of these projects, together with the work of answering calls for literature, correspondence, raising of funds and general management have been carried on in recent years on a budget of \$12,000 to \$14,000 per year.

With the strength that should follow our new sense of financial freedom, and funds tentatively available for 1959,

enlargement of our program is more promising than for years. We can plan more safely at this annual meeting, seek co-operation of others interested in education on this problem, and ask greater financial support. We can engage young men to give life service to this cause with confidence that they will carry on a realistic program for many years.

With the lead of a capable younger executive to seek influential co-operation, to raise operating costs, to set up programs, and to be a discussion leader, this program, tested first in selected colleges, has great possibilities.

The Association has high experts among its own officers ready to co-operate—Dr. John A. Linton, Dr. Albion R. King, Dr. Carl A. Nissen, and Dr. Wayne W. Womer. Others can readily be secured. Local colleges will aid, but the key to any such program is a devoted young man who knows by recent experience the reactions and attitudes that will be met in the average campus situation of today. For 18 years several of us have had daydreams of something like this.

About two years ago I undertook, from the office, to begin a \$5,000 "new secretary" fund to place a man on the staff to gain experience and become an executive leader. Only about \$700 was secured. But just a year ago a friend who is keenly interested in the growth of the Association and a contributor offered to give an amount sufficient to underwrite the salary and expenses of a man for the first year. Indeed, there is need for **two dedicated young men**, one of whom should qualify for writing, editing, leading discussion groups, and organizing study material and programs.

Let's get this new program started. The first secretary should begin this coming year, gain experience, be ready to "take over" when I leave off. Rightly qualified, **deeply dedicated** young men, not far from their own college days, will thus find a life-service, beyond measure rewarding in leading the most self-multiplying approach to the problems of alcohol in human living that can be made today—or any day.

With Best Good Cheer, yours,

Harry S. Warner  
General Secretary

# INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

**International**

**McMaster University, Hamilton, Ontario, Canada**

**August 22-27, 1959**

## **Purposes**

The School is intended to help participants—

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages.
- Recognize an objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.
- Develop thinking toward constructive action.

For Information Folder Write  
Intercollegiate Association,

12 North Third St., Columbus 15, Ohio

## **The ROBERTS EDITORIAL WRITING AWARDS of 1959 offer**

\$2,800 in Cash and Scholarships to College Undergraduates  
of Canada and the United States.

Subject: "Alcohol, Tranquilizers and  
Other Drugs."

"Release—from What?  
To What?"

For details write Secretary of Awards,  
Intercollegiate Association  
12 N. Third St., Room 522, Columbus 15, Ohio

2 / 15352 2A-1S  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC  
BERKELEY 9 CALIF

April, 1959

THE  
INTERNATIONAL

# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

Recent Addition to Understand-  
ing of Alcohol Problem .....83

Seeking an Over-all View .....85

Intercollegiate Schools  
of Alcohol Studies .....89

Relation of Alcohol in the Blood  
to Degrees of Intoxication ...97

From Casual Drink to  
Alcoholism .....96

New Approach in Christian  
Cooperation .....100

Mental Health-Alcohol Educa-  
tion in One College .....107

Sterling  
Tower,  
Yale University  
Copyright  
Yale University Press



democracy  
something  
per than  
erty; it is  
responsibility"

# THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

R. David Alkire, Associate

April, 1959

Vol. 56, No. 4

## Mixed Social Attitudes

ON THE ONE HAND, it (the social structure) extols alcohol and builds up its manufacture and sale into a major industry exerting great propaganda power, encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration and good fellowship, as well as extolling the capacity to drink as a measure of virility and organic worthiness.

On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol and yet it builds up laws and societies which have for their aim either the lessening or the abolition of drinking.

There is no such **mixed attitude** toward the use of any other drug, so far as western civilization is concerned.

—Dr. Abraham Meyerson, Harvard University; published in the (Yale) Quarterly Journal of Studies on Alcohol, Sept. '44.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

## Recent Additions To Understanding

From the Yale School of 1958

By John A. Linton

Reporting from  
the Alumni Session

There is no single road to truth, nor is truth the certain outcome of scholarship. But men must seek it and—believing to have found a fragment of it—present it to other men for judgment.—DR. E. M. JELLINEK

**T**HE SPEAKER, a kind and gentle scholar, raised his arms. With feeling he gesticulated a large circle in the air. This is the way Dr. E. M. Jellinek, recently retired from the World Health Organization, Geneva, Switzerland, **called us to a larger and more inclusive understanding** of alcoholism as a world problem.

It was at the refresher course for graduates at the Yale School of Alcohol Studies in July, 1958. We had been called together to make an evaluation of the past ten years of research and experience.

In his opening address Dr. Jellinek said we are being held in by a too restricted, but popular, definition of alcoholism. Referring to alcoholism as found in certain European cultures, where no drunkenness as we know it in Canada and the United States is to be seen, there is nevertheless serious alcoholism. They call it—

“Alcoholism without drunkenness”.

This he gave as an illustration of why it is necessary to

---

Dr. E. M. Jellinek together with Dr. Howard W. Haggard founded the Yale School of Alcohol Studies in 1943. For nearly 10 years he was its Director. Then he was called to head the Alcohol and Public Health Section of the World Health Organization of the United Nations with headquarters in Geneva, Switzerland. A year ago he was brought to Toronto by the Ontario Alcoholism Research Foundation to write down for posterity the results of his vast research and the ideas he has developed.



*Among the forces that create the modern problems of alcohol, Dr. R. Gordon Bell, Director of the Bell Clinic, Toronto, an international authority on health and alcoholism, includes, not only mental and emotional disorders, but also the pressures of alcohol industries.*

---

accept new interpretations and to free ourselves of the older stereotypes of thinking and expression. He freely admitted that even honest scientists, at times, himself included, have helped to forge these chains.

Dr. Selden D. Bacon, Director of the Yale Center of Alcohol Studies, pointed up the old dilemma of the reformer and the pure scientist. As he sees it, the scientist changes his position as research brings out new understandings, leaving behind those who based their activities on earlier concepts; activity is not a substitute for insight.

There has been too much careless use of such words as "science" and "education", by those who have an axe to grind. Especially are we troubled when we find the church looking to science for answers that for her should be moral and spiritual.

It was a good year to go back to Yale. One clergyman said to this writer, "The graduates of the Yale Summer Schools had better come back and get re-oriented."

---

### VERY RECENT PUBLICATIONS

"The Insidious Nature of 'Social' Drinking," condensed from "How to Stop Drinking", by Herbert Brem; **Readers Digest**, Feb., 1959.

"**Drinking and Intoxication**," edited by Raymond G. McCarthy, Associate Professor, Health Education, Yale University, is a very substantial 1959 book of 455 pages. Carrying as sub-title, "Selected Readings in Social Attitudes and Controls," it includes the original writings of many typical writers on almost every possible aspect of the problem that have appeared in a half-century or more. It is published by the Yale Center of Alcohol Studies, New Haven, Conn., at \$7.50. The International Student plans a review later.

## Seeking An Overall View

of the Problems of Beverage Alcohol

By Harry S. Warner, L.H.D.

Editorial

**H**OPING TO FIND AN APPROACH to the problems of alcoholic drink in daily life that will be really educational and lasting, writers and educators today are limiting themselves to the scientific, objective, and factual. This is fundamental, commands respect, is basic to everything else that may be done. It is a decided advance over the too-emotional, yet realistic, attacks on the problem in not-too-recent years.

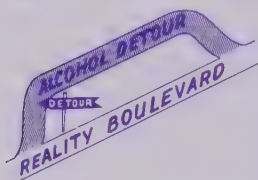
Yet alone it is not enough. An overall look is necessary also if we are to be realistic. This most complex problem itself is deeply emotional. In almost every outstanding respect it is weighted with emotion, controversy, and misunderstanding. Even the scientific knowledge available is subject to different interpretations. And unavoidably so, since social attitudes are so opposite, yet so nearly balanced regarding acceptance or rejection—perhaps 65% to 45% — as they seem to be today.

The growing interest in objective, instead of propaganda, study of what “drink” means in everyday living should now come to include all the major aspects of the problem: tradition and custom as well as the illness called alcoholism. Scientific study and understanding may well seek to establish standards of evaluation, personal and social, and scientifically based philosophies necessary to constructive action. This implies a broader understanding than that offered by science.

### The Overall Problem

There is intense need for recognition that the alcohol problem of 1959 and the future is much more than “to drink or not to drink” or “the alcoholic,” and his tensions, rehabilitation, and return to a responsible place in his generation.

He is getting major attention just now, but he did not come out of a vacuum. He is a product of the culture in which he lives. For as Dr. Donald Horton of Yale has pointed out: "There must be a social and cultural situation which provides occasion and some degree of permission before the neurotic can begin the process of becoming an alcoholic." And, as Dr. Jellinek said, "There is the problem of alcohol as well as the problem of the alcoholic."

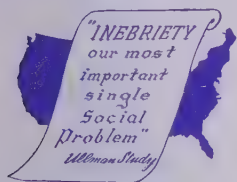


Therefore, a balanced program of education — and of action — on the problem must be comprehensive enough to include all the main problems and aspects as they are found in everyday living. Outstanding among these are the following:

1. THE DRINKING DRIVER is an openly obvious, concrete, and realistic fact that is recognized everywhere. He may be regarded also as a symbol of the avoidable source of danger that is brought into traffic, industry, and daily living by the varying degrees of intoxication accepted — and enjoyed — by individuals and their social groups.
2. THE ALCOHOLICS -- 5,500,000 men and women, according to 1958 reports from the Yale School of Alcohol Studies, are confirmed heavy drinkers who cannot quit if they want to. These are the so-called "problem drinkers." In addition there are 3,000,000 excessive drinkers most of whom will die as such. These constitute the most serious and realistic of the various problems of alcohol.
3. THE IMPACT OF ALCOHOL IN PUBLIC HEALTH. The public responsibility for understanding and caring for these inebriates, setting up clinics, organizing hospitals, seeking methods of rehabilitation, identifying the factors that initiate dependence on alcohol among unhappy, neurotic, and immature personalities, is an imperative problem of modern public health . . . one of the four or five greatest.
4. THE DRUNK ON THE STREETS and what to do with him is a continuous "headache" for the police and courts,

for welfare agencies and clinics, wherever alcohol is widely used in a community. What to do with the stream of "repeaters" is the Monday morning problem of judges, for the jail is open to drunks, yet modern scientific study insists that they should have separate — and humane — treatment, not like that of criminals.

5. THE TRADITION OF ALCOHOL as a tranquilizer is embedded in the customs and everyday use of a large part — at least one half — of all North Americans and other Western peoples. Approximately one half in the United States and Canada accept it. Yet the other half, more or less effectively, discards the custom. Should not this factor in the history of alcoholic culture be examined and evaluated to determine what share it has in the initiation and growth of alcoholism? With society as divided as it is, such study must be made with great objectivity, freedom from prejudgment, and in the light of the scientific knowledge now available. Although controversial, this question cannot rightly be overlooked in any study of sources and consequences.



6. MASS RESORT TO A TOXIC drug by millions for relief, to the serious degrees of "escapism" and habitual dependence on it for what it seems to give, is a basic public problem.

It has particular meaning to the great majority who do not, or cannot, recognize their danger. (See "The Insidious Nature of 'Social' Drinking," Readers Digest, Feb., 1959). Their line of excess is not known until it has been crossed! Then it becomes a life-long line of danger that scientific research has not been able to find.

7. PUBLIC CONTROL of the production and distribution of beverages containing alcohol has been most difficult for over 300 years. The history of attempts to find effective ways is crowded with failures and half failures, from the first license laws in England to the 21st Amendment in the United States. A great variety of systems has been and is

being tried: restriction, limited hours of sale, rationed sales, local option, state sale, state monopoly of sale, extremely high taxation, limited and general prohibition, social group pressure, and group standards and restrictions. Yet with each alone the trend toward drunkenness and its consequences has continued. Now the basic ideas in each system that has come out of experience, may well be combined with new ones into a more comprehensive program that has ever heretofore been undertaken.

8. **PRESSURE FOR ECONOMIC GAIN.** Society today both wants and rejects alcohol as a beverage and as a drug for popular pleasure purposes. This ambivalence is an outstanding characteristic of the economic situation relating to alcohol. Out of this social background, together with the anesthetic appeal that alcohol has as a tranquilizer drug, comes an opportunity for vastly enlarged profits to be gained by commercial promotion. Evading any tendencies toward excess that may, or may not, be recognized as latent in the anesthetic appeal of this drug and its cumulative effects, the vision of greatly enlarged markets is a powerful appeal too vast to be missed by investors in the liquor industries. As a result, commercial advertising, to enlarge and intensify consumption of this anesthetizing drug, is being capitalized and advertised to its Nth degree. Appealing thus to all who are immature or nervously disordered, to unhappy youth and adults with tragic experiences, the liquor industry has become an industry that exploits for gain the "kinks" of human immaturity and personality. A great university physiologist has qualified alcohol as "the only degrading drug being advertised today."

### **Study the Tap-root**

There are deep-lying traditions and social pressures in the background of the drinking practices and excesses of today. These realistic sources of such alcohol problems as "the alcoholic", the "drinking driver," the "rowdy roadhouse", the renamed tavern-saloon, should now be given their share of

(Continued on page 93)

# The Intercollegiate Schools

## of Alcohol Studies

**B**EGINNING IN 1950 and sometimes referred to as a "little Yale", the mid-summer Intercollegiate Schools of the Intercollegiate Association have become an established institution that offers to the coming leaders of culture and public opinion in Canada and the United States an opportunity to study intensively for a week the growing knowledge regarding the problems of alcohol in modern social living.

In harmony with the growing trends in colleges and universities that have begun to take leadership in educational and research activities on the alcohol problem, this new type of student conference gives particular attention to problems and attitudes of undergraduates. It seeks to make possible united thinking by students and their counselors in a week together, gaining understanding and working out together reasons for personal and group decisions.

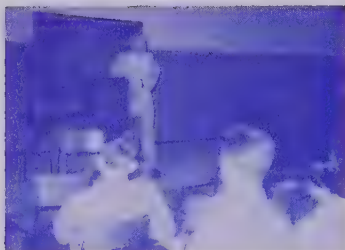
To reduce travel expense they have been held in different  
(Continued on page 92)

IN ACTION AT WATERLOO, AUGUST, 1958

Left to right: Dr. John A. Linton, A. R. Goldie (McMaster), Dr. R. Gordon Bell, Donald Higbee (Southwestern, Tex.), Glendon Magarvey (Acadia), Katherine Kendall, (La. Polytechnic Institute).







THREE LECTURES DAILY



MAKING GROUP DECISIONS

## **“Waterloo” Reaches Home Colleges**

**S**TUDENTS WHO ATTEND the Intercollegiate Summer Schools of Alcohol Studies frequently take back to their college and home communities new understanding and an inspiration to spread the results of the School much beyond what they gained personally during the week.

While at Waterloo in August 1958, David R. Hotchkiss, University of Wisconsin, developed sixty-six colored slides. On returning to Wisconsin he started a series of display-talks using the slides to illustrate the approach made to the alcohol problem by the lecturers, seminars, panels, and discussion groups of the week. During the fall and early winter he carried this program to six or eight student groups at the University, to others — student and church — in Milwaukee and to a morning church service, a young adult class and others in his home city. Thus he visualized the influence of the 1958 school in three different cities, Madison, Wawatosa and Milwaukee. At the same time he promoted interest in the coming 1959 school at McMaster University.

North Carolina students who had been at Waterloo, used the Hotchkiss slides in a student Christian and other groups at three colleges in that state. Miss Ruth Dorsett, Woman's College, of the University of N. C. had them displayed for



**A PANEL IN ACTION**



**THAT NEARBY POOL**

discussion in her foundation, in other discussion groups and among friends. Other leaders and students arranged similar programs at N. C. State College, Raleigh — in a series of group meetings.

---

Carroll Givens, Lynchburg College, Va., organized a campus wide publicity campaign to call attention to the modern approach and activities of the Intercollegiate Association. He used posters and literature; included the Editorial Awards program of the Association; the Waterloo School of 1958 and the 1959 international at McMaster, next August.

---

Three students, Ted Y. Matheny, Wake Forest, N. C.; Kenneth Maquardt, Wartburg College, Iowa, and Edward H. Mesta, Duke University, Durham, N. C., who had been proposed by the summer school for membership on the International Council, were elected for three years each, at the annual meeting Jan. 3. Two others, Carol Cantlon, College of St. Mary of the Springs, Columbus, Ohio, and Peggy Rayburn, College of William and Mary, Va., were chosen members by the Council.

Dr. John A. Linton, of the School staff, Vice President of the Association, in addition to his other heavy activities, did extensive speaking and leading discussion in the fall in

the eastern Canada provinces. At Memorial University, Newfoundland, his visit included a public lecture, a sociology class of 100 and a faculty conference. A local paper said, "he made a strong case for the argument that North Americans live in an alcohol culture", and that he "displayed rare candor in dealing with this touchy subject."

At Halifax, Nova Scotia, he was invited to Dalhousie University and addressed the students at Pine Hill Divinity School. At Acadia University, Wolfville, he spoke at vespers and had conferences with students and faculty. At Mount Allison, Sackville, N. B., his day included chapel, a class in psychology, an evening meeting and a psychology club of seventy five. After several days in Montreal, with programs at Presbyterian College and George Williams, he visited colleges in Ottawa and McMaster, Hamilton. During mid-winter he included many of the universities in Manitoba, Saskatchewan and British Columbia.

---

## INTERCOLLEGIATE SCHOOLS

(Continued from page 89)

areas, as follows:

- 1950—Otterbein College, Westerville, Ohio
- 1951—Cornell College, Mount Vernon, Iowa
- 1952—Victoria University, University of Toronto, Ontario
- 1953—Otterbein College, Westerville, Ohio
- 1954—University of Western Ontario, London
- 1955—McMaster University, Hamilton, Ontario
- 1956—University of Chicago, Chicago, Illinois
- 1957—Nebraska Wesleyan University, Lincoln, Nebraska
- 1958—Waterloo College, Waterloo, Ontario
- 1959—McMaster University, Hamilton, Ontario

### Purpose of the Schools

In the world situation of today, the problems of alcoholism and alcohol are becoming more and more acute — especially in recent years. The "Human Factor," human personality, always basic to existence and progress, is more so now than ever before in history. Every person faces greater demands to be able to function at his best.

For we who are living today may have to meet, in supreme test, the mechanisms and passionate drives of war and economic survival, many of them created by the ingenious use — or mis-use — of scientific knowledge itself.

In this life-or-death struggle, all of us must seek to be at our best. But how can modern men be at their best while as many — or more — **are casualties of Alcoholism as of War itself?**

Therefore, to study — and use constructively — scientific information for the prevention and relief of alcoholism, is not less vital to the immediate future of our generation than to learn how to use atomic energy to supply human needs rather than to destroy life-crowded communities.

---

## SEEKING AN OVERALL VIEW

(Continued from page 88)

study, both objective and critical. The social cult, out of which have come over 5,000,000 alcoholics and additional "excessive drinkers", has seldom received, either in any movement toward solution or in scientific research, the attention that fundamentally it should have.

Coming down from the childhood days of every nation that has helped to make up English, American and Canadian culture, this source should be taken into serious account. For these inherited customs have been highly extolled, emotionalized, praised, and blamed for centuries in the folklore and literature of the ages. They are imbedded in the practices of influential society, in a considerable part of public thinking, and in the mores of the un-thinking. The "drink" tradition is the tap-root of the alcohol problems of today.

A program of education and constructive service to be realistic in the actual situation of today should include all the main factors of the total alcohol problem, especially knowledge of the three chief sources:

- Disturbed and immature personality.
- The tradition of social drink.

- The economic exploitation of the desire to drink without regard for consequences.

A noted sociologist in a personal letter to this writer said, "I would emphasize much more than you do the social situation. It seems to me that our social customs and social values are responsible for the great majority of our drinking practices." With this statement it is safe to say that practically all sociologists would agree for the obvious reasons . . .

That as nearly every beginning is made because of some social influence and is continued through years by some group or social-prestige pressures that sifts out for drunkenness those who cannot, or do not, wish to resist, the social source is indeed the ground source from which others spring.

This source can no longer be overlooked. It should be studied for what it is — for what alcohol gives and what it deprives in human living. It should be studied as a basis for intelligent decision between the alcoholic and the non-alcoholic Way of Life.

## Social Attitudes and Alcoholism

By Andrew C. Ivy, Ph.D., M.D., D.Sc.

**I**F YOU could see the letters I receive from the friends of alcoholics, listen with me to the pleading of a mother or wife that something be done for her son or husband, to the alcoholic himself, as he seeks to be freed from being a millstone about the neck of his family, you would realize that alcoholics are sick people, not criminals: *that they have been produced by a social attitude* for which you and I are partly responsible, and for which society at large is entirely responsible.

Alcohol produces alcoholism because it is a narcotic. It is not a stimulant. It causes a diminution of inhibitions and causes a feeling of well-being; that is the reason why liquor is consumed by the moderate drinker and alcoholic.

Morphine and cocaine are more habit-forming than alcohol. Morphine is so strongly habit-forming that the most susceptible person will form the habit after 3 or 4 doses and the most resistant after 20 doses. The continued use of barbiturates, widely employed in medicine for sedation, may result in habit formation or dependence in susceptible persons. The barbiturates are considered dangerous enough to many states to be restricted for sale only under a physician's prescription.

*An Immediate  
Problem*

# The Challenge of Alcoholism

By Wayne W. Williams, Attorney

Denver, Colo.

**T**HERE ARE APPROXIMATELY five million alcoholics in the United States today. At least another three million are "problem drinkers" to whom alcoholism is an immediate threat. Our society is producing alcoholics and problem drinkers at the rate of one for every twelve adults who drink. We have six times as many alcoholics as cancer patients, eleven times as many as tuberculosis patients.

No threat to our society is as subtle, serious or many-sided as the threat of alcoholism. It is patent in the destruction of personality, the increase of mental disease, the breakdown of families, the high traffic toll and mounting crime rates. These factors have led an outstanding authority, Seldon D. Bacon, writing in the *New York Times*, to say:

"Alcoholism and alcoholics form one of the worst and largest problems of American society today. Alcoholism has more direct victims and more indirect victims, lasts longer, more dramatically injures the very structure of society, and entails enormously greater costs than most of the other ills that receive concerted attack from voluntary groups, foundations and government—indeed, more than most of them combined."

As of today, the fight against alcoholism is being lost, not won. The studies of Keller and Efron of the Yale University Center of Alcohol Studies indicate that in the period 1940-53 per capita alcoholism among adults in the United States increased 44 per cent, with twelve states showing an increase of more than 50 per cent. Later studies by the same authors show a further nationwide increase in alcoholism, for the years 1954-56, of 8.5 per cent over the 1953

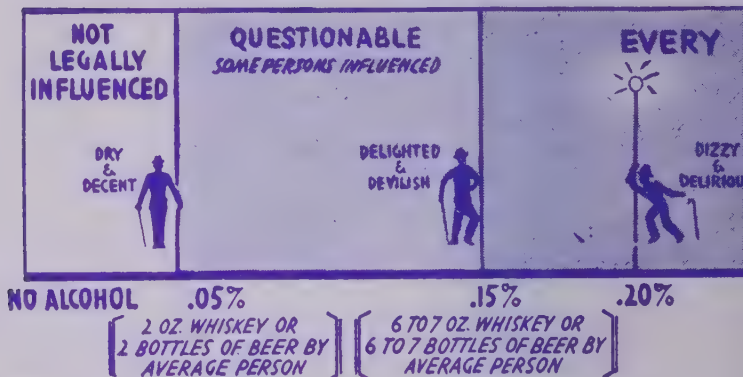
(Continued on page 98)

---

Condensed from "No Surrender to Alcoholism" *Alcohol Education Digest*, Washington, D. C., First Quarter, 1959.



THERE IS A DEFINATE RELATION BETWEEN ALCO



## From Casual Drink To Alcoholism

**T**HAT THERE is a progressive tendency toward increasing disorder in "drink" was recognized at the Fifth General Assembly of the World Health Organization, 1952, in Geneva, Switzerland.

Reported by Sidney Taylor, from Geneva, the trend is as follows:

There are 43 steps on the down-hill road from the casual drink to acute alcoholism.

The steps are plotted in a new report on alcoholism released by the World Health Organization. They form a "chart of addiction" based on the drinking habits of more than 2,000 male alcohol addicts to enable scientists to classify excessive drinkers.

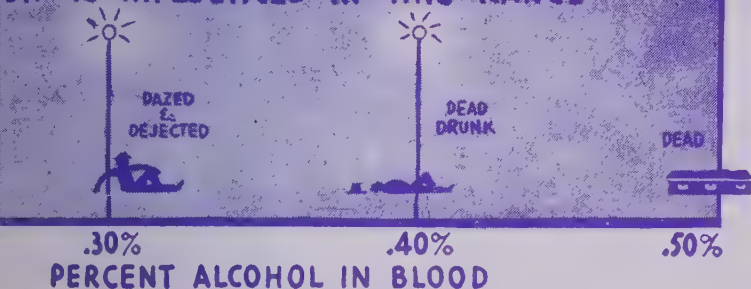
Women's habits aren't included because their progress to rack and ruin generally isn't as easy to follow as men's and they often sink faster.

### Casual Drink the Start

The chart shows that most cases got into trouble with those first occasional pick-me-up drinks. This casual drinking leads to "constant relief drinking" and the first sign of

## IN THE BLOOD AND DEGREE OF INTOXICATION

ON IS INFLUENCED IN THIS RANGE



addiction, "alcoholic palimpsests"—technical term for forgetting what happened the night before.

Some of the main stages from then on:

1. The tippler stoops to surreptitious drinking.
2. He becomes pre-occupied with alcohol, has one or two before going to a social function to fortify himself against a possible drought.
3. Loss of control. As soon as any small amount of alcohol enters the organism, there is an immediate demand for more.

### Warnings Start

4. Social pressures begin. His drinking behavior has become conspicuous. There is a marked loss of self-esteem as friends and relatives probably begin to warn him.

5. Grandiose behavior — extravagant expenditure and grandiloquence. Also marked aggressive behavior, generating guilt.

6. He "goes on the wagon" quite frequently.

7. He quits jobs. Sometimes he is fired, but more often he takes the initiative himself as an anticipatory defence. About here he also begins to be concerned about how his activities might interfere with his drinking instead of vice versa.

8. Change in family habits. His wife and children may withdraw from him.

### **Health Deteriorates**

9. Neglect of proper nutrition begins to ruin his health, often leading to the hospital and decrease of the sexual drive.

10. Regular morning drinking, the beginning of the chronic phase.

11. The inability to do a simple mechanical act such as winding a watch without a drink.

12. The entire rationalization system fails. The addict admits defeat. He now becomes spontaneously accessible to treatment but his obsessive drinking continues since he sees no way out.

---

## **CHALLENGE OF ALCOHOLISM**

(Continued from page 95)

level. This trend, as Keller and Efron suggest, may in part reflect more accurate reporting of cases of cirrhosis of the liver, from which these estimates are derived. Nevertheless, the size and seriousness of the alcoholism problem are confirmed by all careful contemporary studies . . .

The current vogue is to present alcoholism as a disease and the alcoholic as a sick person, like the sufferer from diabetes or multiple sclerosis. Quite recently both the American Medical Association and the National Council of Churches have officially adopted this point of view. In any specific individual, alcoholism should be recognized as a disease and treated as such. We know that in some individuals susceptibility comes from special forms of malnutrition, and in others from feelings of inadequacy, inability to cope with frustration, despondency, resentment or rejection of authority . . .

### **A Disease of the Social Body**

We may recognize that alcoholism is a disease. But equally important, and far too often neglected, is the fact that alcoholism is a **social** disease, self-invited, and largely contracted and spread in social situations. It is highly fanciful to picture the alcoholic as one who, after the first cocktail of his

life, awakens to this new appetite and is unable from that moment on to retrieve self-command. On the contrary, practically every case of alcoholism begins in occasional or moderate drinking, usually over a long period. As Bacon says, in the article already mentioned: "Progression from the earliest symptoms to the final stages ordinarily takes from seven to twelve years; women seem to go through the phases more rapidly than men."

Nor is the alcoholic predestined to his fate solely because of physical or psychological make-up. About half the alcoholics have less stable personalities than the norm, but the other half are "average citizens who showed no marked abnormality prior to the formation of the alcohol habit," according to Dr. H. M. Pollock of the New York state department of mental hygiene.

Hence, what is required, in addition to medical approach to the problem, is a social approach, specifically designed to revise and correct the drinking patterns of our people. In the social milieu lie those causes of alcoholism which have made America's rate of occurrence of this affliction the second-highest national rate in the world.

What are the drinking patterns and attitudes which have produced a problem of such proportions? One of them is the use of alcohol, and particularly strong liquors, without food, so that maximum absorption occurs. This is the usual pattern in our taverns and bars, at cocktail parties and in the two- or three-hour bouts which increasingly precede social dinners. Our women tend to regard such drinking as a symbol of emancipation, and our men, as a symbol of strength and power. The goal seems to be to get as "high" as possible and still get home. In such an atmosphere, intolerance and lack of consideration of the nondrinker are the order of the day. Another such pattern centers around the widespread notion that serious business, whether it be diplomacy, a matter of state or a sale to an important client, is best conducted with alcohol to add a note of frivolity and sophistication.

If these drinking patterns are to be changed, law, education and moral instruction must all be brought to bear.

# **The Approach Of Intelligent Christian Cooperation**

William Potoroka

Condensed from an address  
August 30, 1958, at  
Wolfville, Nova Scotia

**M**AN, QUITE APART from alcohol, has the capacity to be a problem to himself and to his fellows. Personality and social problems did not appear on earth with man's discovery of fermented grapes.

Beverage alcohol is a problem beverage because it contains an active brain depressant which, Shakespeare noted, steals man's brains. Alcohol has two faces: the pleasant face of mild sedation, the sense of well being when taken in small amounts, and the ugly face of tyrannical disorganization of personality when taken in larger amounts. Wine gladdens the heart and wine is a mocker, says the Bible. A Canadian pharmacologist calls it "social dynamite" with devastating effects.

Society endorses the use of alcohol. Hence the term "social drinking". Society accepts some drinking that is not moderate, that is "anti-social." This approval of the use of alcoholic beverages through the ages to meet psychological and social needs is now deeply ingrained. It perpetuates itself from generation to generation.

"To drink or not to drink?" is a question. Discussion of it sometimes becomes a raging controversy. Extremists both for and against liquor make exaggerated claims. Those for liquor err far more than their opponents. The "liquor crank"

---

Rev. William Potoroka is Executive Secretary of the Manitoba Temperance Alliance, 249½ Notre Dame Ave., Winnipeg 2, Man., Canada.

is a person who refuses to see any problem in it.

This controversy is wasteful. We get attack and counter-attack between proponents of drinking and those of abstinence.

Drunkenness and anti-social behavior are high up in the alcohol problems. Law treats them as offenses; common sense, morals and religion pass judgment on them.

How do you estimate the extent of alcohol's ravages on efficiency? Or the cost of its emotional damage, moral rot, and violence to life's potential?

Yet all drinking does not result in drunkenness and anti-social behavior. Many use drink only occasionally or are so careful and scrupulously moderate that they do not expose themselves to drunkenness.

Alcohol problems are social problems conditioned by the customs, habits and decisions of men. They are the result of centuries of living with the use of alcohol. You can't tear them out of the fabric of modern living as a dentist pulls a bad tooth. It will take a heap of living, studying, educating and loving to supplant alcohol.

## I. AN INTELLIGENT APPROACH TODAY

The problems just outlined must be approached intelligently by an attitude and an action that comes through reason, common sense, and understanding, and because of our sympathy for persons involved in or burdened with any of them.

1. The new approach must be both informed and realistic. This calls for study of all sides and facts and for an appreciation of what can be done on the basis of the facts and insights gained. Problems must be recognized, studied, clarified, and social machinery and men prepared to deal with them. We have in Canada today some good beginnings where alcoholism foundations and temperance movements are working together in factual alcohol education.

2. It will be humane and imaginative. This means a sense of concern for well being of our fellows, kinship with them as worthwhile persons. We may rate alcohol low *but* we must rate our fellows high no matter their use or abuse of alcohol. To be humane is to be sympathetic to others



. . . a medicine powerful for healing and for drawing out a man's better nature. An intelligent approach to alcohol problems is, I believe, one that will seek to bring together total abstainers and moderate users in a concern for sobriety and well-ordered living. An American theologian has written:

" . . . there is no intrinsic reason why two social-religious movements, one for total abstinence and one for virtuous moderation, should not work side by side as friendly allies in a common cause . . ."

In Canada the word "temperance" means to some, total abstinence, to others, strict and moderate use. These two groups can and must work together.

3. It will have depth to get beneath surface and symptoms. Asking basic questions it must seek the answers, delicate though the search may be. "Why do people drink?" That question gets at the motives of men and cultures. Recently I heard a medical authority deal with this question. A mature gentleman and scientist, he listed three cultural uses of alcohol: (1.) "As a means to break through to God"; (2.) "as a stimulus to joy, inspiration, and the flow of reason"; and (3.) "as a source and symbol of strength". These are weighty reasons. You can't brush them aside lightly. Simply calling all use of alcohol foolish or sinful will not get you far.

A recent **Christian Century** editorial, "The Wheel of Anxiety", says in part:

"Many people do not have to be told what anxiety is . . . They know from experience. . . . Existence becomes an exhausting treadmill on which with growing desperation and failing strength the anxious plod with steps of diminishing vigour.

The time comes when anything that can offer even temporary relief is welcome . . . multitudes have reached this stage . . ."

How many of our fellows live lives full of drabness, monotony, tension and nervousness that clamour to be dulled, even only briefly. Small wonder that beverage alcohol seems to come

as a Godsend to these people and their condition.

To negate drink we'll have to do more than take away a bottle; we'll have to turn the men to a source that gives them a sound mind and great purposes for living.

4. It will provide for concerted and continuing social action to diminish alcohol problems. Education, research, treatment, and rehabilitation must be done as long-term, and not sporadic, efforts. There is a job to be done by professional people, by people of the church and by every citizen in homes, schools, churches, and communities.

Some hopeful signs are . . . alcohol education prescribed and encouraged by departments of education . . . the establishment of alcoholism foundations for treatment and research . . . government assistance to the temperance movement to do factual alcohol education in the school and community . . . American and Canadian schools of alcohol studies for the preparation of leaders . . . an increasing body of accurate literature for popular and professional use . . . and the review by the denominations of their temperance programs in the light of these and other things.

## II. A CHRISTIAN APPROACH

1. A Christian approach cannot be less than an intelligent approach; it must be more.

2. It will be grounded in the scriptural pre-occupation with the sacredness of life and the redemptive action of Divine Grace. Every man needs and can share in the mercies and new life which God's love in Christ Jesus makes available for all. Here is the supreme dynamic to solve alcohol problems. Anything less than that may be intelligent but it won't be Christian, it will lack the title-deed of Christ's salvation.

3. It will be dominated by such tender care and compassion as graced Christ's presence with men. To the temperance movement and to social action generally Christians must give the warm heart, earnest prayer, helping hands, shoulders to a cross all in line with our Lord's example and command. Right here we have lacked most and failed worst.

It has been easy to fight the demon rum as the very devil. We've fought so zealously at times that we have made ourselves and our cause unlovely and unloving in the eyes of those whom we really wanted to help. Some of us have had such a good time deriding any and all use of alcoholic beverages that we have been unfair to many. Small wonder that those in trouble with alcohol have shunned us. I wish we could all have the gentle manner of an A.A. friend of mine in a little scene I shall never forget. His face aglow with kindness, he said softly to a fellow alcoholic who was having a time of it, "Jack, is something bothering you? What is it? Let me help."

4. It must be a family approach. This calls for teamwork by pastors and people. It calls for congregations to make alcohol-driven persons feel at home, wanted, and loved. It calls for co-operation by the churches — for no single denomination, nor several of them, can do the task which God expects all to do together. Working as a family the church must reach out helping hands to individuals and families. The family unit thriving as a call of human-divine fellowship is the greatest preventive of alcohol problems.

5. It will be feeble unless its contact with the Holy Spirit is real and persistent. St. Paul urged Christians not to be filled with wine wherein is excess but to be filled with the Holy Spirit. Wine's effect is transient. Jesus turning water into wine is surely the sign of the heavenly wine whose effect lasts on and on. The Holy Spirit dispenses this heavenly wine, and in Christ's stead, brings peace, joy, and power.

6. It must achieve the best possible co-operation between abstainers and moderate users within the church. This is a question of "the brotherhood," both groups being Christians and neither superior to the other.

Is the use of beverage alcohol a question for the personal choice of Christians rather than something settled by God's Word like The Ten Commandments and The Sermon on the Mount? Then we must accept and honor sincere differences of opinion between us and our brethren!

Ought we not to go on from this point to speak plainly of and to moderate users? Ought we not to enlist them in carrying with abstainers a standard into the whole field of alcohol problems? This way need not be encouragement of the use of alcohol or the surrender of abstinence to the camp of moderate users. If there is any surrender for Christ's sake will it not be by users to the side of abstinence?

7. A Christian approach must be true to the Cross. Something can be said for man's need and use of chemical comfort to stand up against the tensions, anxieties and pain of life. But chemical comfort has its risks. Beverage alcohol has written its risk-and-ruin equation across the pages of civilization.

Chemical comfort is not the final and highest answer to our pain. The final answer is "to be found only in the doctrine of the Cross, which is not a doctrine of self-indulgence but of self-renunciation, a doctrine which entails the acceptance of pain and suffering, in union with the pain and suffering of Christ." (Ford)

### CONCLUSION

A long, arduous time of delicate work done in love awaits us in any decisive diminishing of alcohol problems. The goal is worth all of our best labor.

The fascination of alcohol will fade and flee in the presence of moral and spiritual well-being mightily released by Divine Grace. Each must be at his post . . . faithful, relevant witness to the Gospel.

---

# Mobilize and Apply Existing Knowledge

Dr. Robert Straus

Condensed from an address to the  
Columbus (O.) Council  
on Alcoholism

**A**LTHOUGH WE NOW KNOW considerably more than we did some years ago how to handle the alcoholic, our knowledge is far from adequate to meet the problem satisfactorily. Psychiatric treatment is not organized to meet more than a small fraction of the problem. There are many sociologic aspects of alcoholism about which we are inadequately informed. If the problem is ever to be adequately solved, intensive and prolonged research will be required. Even so, we know enough to make a significant imprint on the problem if we mobilize our existing knowledge and resources and apply them effectively.

When medical education focuses on the whole man, the alcoholic, in whom organic disease, personality, stress, and a multiplicity of health problems are often combined with discernible social and environmental problems, appears to be an ideal patient for demonstrating the interrelatedness of problems in health and disease.

In the mobilization of community resources to meet alcoholism, broad and effective medical coverage will depend on the extent to which the general health resources — practicing physicians, hospitals, and general clinics — develop an interest in and accept a responsibility for treating alcoholism as they would any other recognized form of human pathology.

# Mental Health Education Includes Study of Alcohol

By Van S. Allen, Instructor

Bennett College,  
Greensboro, N. C.

**E** DUCATION IN ITS TRUE perspective seeks to define causes and effects and to promote those attitudes of thought that are conducive to the inspiration of essential social change. The educator is particularly interested in promoting those thought changes that are essential to the survival of the various elements of the society. Education itself is based on the supposition that people can profit by the experiences of others without themselves having the experiences. When the latter is true time and energy are saved and painful experiences are often averted.

It is with these viewpoints in mind that we at Bennett College approach the problem of alcohol education. We emphasize prevention through the development and promotion of good mental health.

This approach to the problem of alcohol education is the product of much thought being given to the histories of many alcoholics. These histories reveal almost consistently childhood backgrounds fraught with disappointments, lacking in parental love, the absence of feelings of security, superficial religious experiences, broken homes, and the absence of guidance during those years when self-control should have been developed.

According to the **National Association For Mental Health** every child should have reasonable amounts of love, acceptance, security, protection, independence, faith, guidance, and control in order to have the best chance for developing good mental health.

Where does the child acquire these? From the parents of course, providing the parents are alert and willing to accept



their responsibility to the child.

If the child fails to receive these intangibles from the parents the church and the school offer the next best opportunities for meeting these needs.

Should it happen that the parents do not assume their responsibility the work of the church and the school is made more difficult and there is an increased possibility of the child's needs in this area of living not being adequately met. This amounts to the parents giving their God given responsibility over to the school and the church.

Here at Bennett College we attempt to prepare those students who plan to teach so that they can accomplish as much of the job left undone by the parents as is possible. To this end we emphasize the acquisition of a thorough understanding, on the part of every prospective teacher, of the psychological mechanisms that are the equipment of every normal human being and, how these psychological mechanisms react to the interplay of environmental forces.

It is our contention that one cannot take or separate the physical aspects of the organism from its psychological aspects without, at the same time, losing certain essential relationships. For this reason one must consider the whole organism as that organism reacts to its environmental situation.

We do not underestimate the influence of the environment on the organism, however we hasten to point out that if the inner workings of the organism are well balanced, that is to say, the individual has received adequate amounts of such intangibles as love, security, faith, guidance, etc., the possibility of same individual maintaining his balance, even in an adverse environment, is enhanced.

Every year a number of Elementary School teachers are graduated from Bennett College. These teachers go out into the various communities of North Carolina and other states to pursue their profession. There they meet children from all types of background experiences. The child from the broken home who is searching for security and love;

the child who is over-protected by his mother and father and is feebly trying to break the tie and grow up; the child who has never had any guidance or restraining influences in his life and therefore has no respect for the rights of others, to mention a few.

In our efforts to adequately prepare these future teachers to meet and cope with these human problems we use such examples as the man who as a child never knew the feeling of security and grew into an adult without having this need satisfied. He finally finds this security in alcohol as an adult.

Another example that we often use in our teaching efforts is that of the child who was not permitted to develop personal independence and confidence in his own ability. He matures and becomes a husband who cannot make decisions for himself. In his frustrations he turns to his parents, who have refused to let him grow up, rather than to his wife who is entitled to his confidence. We point out, in this example, the possibility of the reactions of the wife to the frustration that she feels plus the husbands' own feelings of inadequacy as often being enough to trigger the drinking habit.

In our class work we do not ignore the fact that every individual subjected to similar frustrations does not turn to drink. Some turn to the dope habit, others concoct more subtle escape mechanisms. Still others become chronic rationalizers. All are deformed personalities that are unable to make adequate contributions to the cause of the society in which they live.

So, whether one becomes an alcoholic or a dope addict is not the question with the educator, but the condition that precipitates the development of alcoholism or dope addiction and methods and procedures for preventing same are of primary importance to him.

The writer is of the opinion that it is better to get at the very foundation of alcoholism rather than allow the condition to develop by ignoring its origin and proceeding to treat its effect. By treating the effect and ignoring the cause we imitate the man who attempts to kill a tree by cutting parts

of its top away.

Education is far less expensive than hospitals and rehabilitation centers.

It is to this end that we teach Alcohol Education.

*NOTHING IS SO MUCH NEEDED in America today as the example of persons who will surrender their right to drink in honor of the Sacred Thirst and Agony of our Saviour and who will unite to establish Catholic Societies for the reclamation of alcoholics and the safeguarding of our youth and others from the personal and family misery that intemperance, drunkenness and alcoholism are affecting in our country.*

—Father JOHN W. KEOUGH

"The effects of alcohol on the brain may be compared to dropping water on top of a sponge. It soaks in from the top, outside surface toward the center and the bottom, passing through the various control centers. Alcohol's first effect, then, is to numb the inhibiting or restraining power of the upper brain centers—centers which tell us not to do those things which we have learned from years of moral and legal standards that we should not do. Even small amounts of alcohol may cause a driver to disregard red lights, stop signs, and the rights of other drivers on the streets and highways."

—"Traffic Safety"—National Safety Council

### **SOCIAL DRINKERS A MENACE**

"The social drinkers are a greater menace than commonly believed, as their critical judgment is impaired with a fairly low alcohol concentration and they outnumber the obviously intoxicated drivers. Drinking to any extent reduces the ability of **any** driver."

—National Safety Council

### **0.05% IS TOO MUCH**

"When the accused is found to have the physical symptoms of intoxication and a blood alcohol level of 0.05 per cent, he should not be exonerated on the basis of the chemical test."

—Journal, American Medical Ass'n.—March 22, 1958

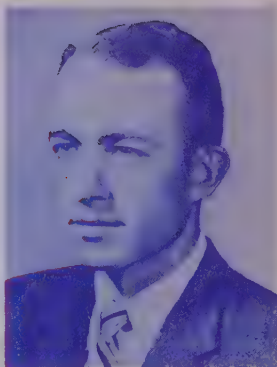
## INDEX — VOLUME 56

October 1958 — May 1959

Abbott, Garald W., The Development of Motivation .....	2
Abstinence: A Way of Dealing With the Problem, Wayne W. Womer .....	47
After 59 Years of Full Time Service; report of General Secretary .....	75
Allen, Van S., Mental Health and Alcohol Education .....	107
Approach of Intelligent Christian Cooperation, William Potoroka .....	100
Bower, Betty, Why Some People Drink .....	21
Campus Seminars at Southwestern University, Albion R. King .....	63
Casual Drink to Alcoholism, From, World Health Organization .....	96
Daily Student Seminars at Waterloo, Elizabeth Russell .....	57
Development of Motivation, The, Gerald W. Abbott .....	2
From Casual Drink to Alcoholism, World Health Organization .....	96
Horne, Edwin C., Our Drinking Heritage .....	3
Intercollegiate Schools of Alcohol Studies, The .....	89
Intercollegiate School Seeks Lasting Understanding .....	35
King, Albion R., Social and Spiritual Factors in the Reduction of Alcoholism .....	67
King, Albion R., Campus Seminar at Southwestern .....	62
Keller, John E., Moderation: A Way of Dealing with the Problem .....	41
Kendall, Catherine, Inducements for Drinking .....	5
Leaders Daily Conference, Clementine Sadler .....	57
Linton, John A., Recent Additions in Understanding; from Yale .....	67
Lundin, Roy C., Motivation for Consumption .....	27
Marlow, Flora Alice, Why Do Men Drink? .....	23
McCreery, Dick, The Companionship of Alcohol .....	8
Meece, Robert G., Just Another Drunk .....	29
Mental Health and Alcohol in Education, Van S. Allen .....	107
Moderation: A Way of Dealing with the Problem, John A. Keller .....	41
"Motivation for Drinking;" the editorials that won the Roberts International Awards of 1958 .....	2-32
Potoroka, William, The Approach of Christian Cooperation .....	100
Quinn, Tom, Motivation for Drinking .....	19
Recent Additions to Understanding; from Yale, John A. Linton .....	83
Reeves, Mike, Reed of the Wind .....	15
Relation of Alcohol in the Blood to the Degree of Intoxication .....	96
Reversing Drink Trends, David Stewart .....	55
Roberts, Philip D., Alcohol; Snarl of Society .....	11
Russell, Elizabeth, A Daily Student Seminar .....	57
Russell, Elizabeth, I Wonder Why? .....	25
Sadler, Clementine, Leaders Daily Conference .....	59
Seeking an Overall View of the Problem, Harry S. Warner .....	85
Social and Spiritual Factors in the Reduction of Alcohol, Albion R. King .....	67
Stewart, David, Reversing Drink Trends .....	55
Warner, Harry S., After Fifty-nine Years .....	73
Warner, Harry S., Seeking an Overall View of the Problem .....	85
What Is the Alcohol Problem? Wayne W. Womer .....	37
Womer, Wayne W., Abstinence: A Way of Dealing with the Alcohol Problem .....	47

# INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

International  
McMaster University  
Hamilton, Ontario, Canada  
August 22-27, 1959



J. Robert Regan, Dean

## Purposes

The School is intended to help participants—

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages.
- Recognize an objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.
- Develop thinking toward constructive action.

For Information Folder Write

Intercollegiate Association,

12 North Third St., Columbus 15, Ohio

Feb., April-May, 1959

Vol. 56, Nos. 3, 4, 5

2 15552 2A-15  
PACIF. SCH. OF RELIGIO  
LIBRARY-1798 SCENIC  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

The Razor's Edge .....	3
Roberts' Journalistic Awards of 1959.....	7
Eight Student Editorials on "Alcohol and Tranquilizers".....	9
Audio-Visual Aids Recommended List.....	31

Heidelberg: Germany's Oldest  
University (Note next page)



v. 57  
1959/60



# THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

September, 1959

Vol. 57, No.1

**W**HOEVER WISHES ardently to prevent alcoholism will need the heart of a lion, the wiliness of a serpent, and the guilelessness of a dove. He will meet head on not only the terrific power of tradition and custom, but also the power of great industries as they fight for the sale of a dangerous product—a drug—by advertising campaigns and the corruption of legislatures.

Not only all this, but he who seeks to bring about a reasonably drinking society will sooner or later find that he has to deal with the structure of a somewhat crazy society—a society riddled with the injustices of bad working conditions, miserable slums, the twin evils of poverty and unearned wealth, of insecurity and unemployment, and the hectic atmosphere of enhanced sensuality and luxury-seeking.

In short, in order to prevent men and women from the false euphoria and the unquiet anesthesia of alcohol addiction, he must become more than physician and psychiatrist; he must take on the task of social reformer.—Abraham Myerson, M.D., Harvard Medical School, in "Roads to Alcoholism."

A post-card greeting from Edwin H. Maynard, Awards Secretary while on a tour of Europe August 3, 1959.

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

*"A Path, an Approach, a Spirit—"  
in alleviation of the  
Alcohol Problems of Today.*

## The Razor's Edge

By Rev. Donald Kuhn

From an address at  
Ottawa, Canada,  
Dec. 2, 1958

**F**OR FIVE YEARS I spent almost every conscious hour reading, doing research, speaking and discussing alcohol problems. Then a year ago I began a recess. Within the last twelve months I have had time to reflect on my exerted energy. And I have emerged with a few convictions.

### Convictions

Some of these convictions took root several years ago. Now they are beginning to bud. I must admit that I have misgivings about sharing my thoughts with you. You may have had the same insights ten years ago and now have passed to greener pastures.

In Chicago a leading furniture company has a singing commercial which begins.

"In India where the Ganges flows,

Men sleep on beds of nails,

Their prickly couch makes them yell 'Ouch!'

You should hear their wails . . ."

When we read of Hindu mystics sleeping on beds of nails, we respond with a bit of awe, some incredulity, and a high degree of superiority. Sleeping on beds of nails does not appeal to us.

---

Don Kuhn, recent secretary for college students and older youth service with the Methodist Board of Temperance, Washington, D.C., is now Admissions Counselor at School of Theology, Evanston, Ill. The address was given at the Annual Meeting of the Canadian Temperance Federation in Ottawa. It offers a creative insight to the many who are concerned about the alcohol problems of today.



Donald Kuhn

Yet we who are responsible for helping our people face the formidable complex and infinitely challenging field of alcohol problems are called upon to perform even more startling feats. We are not required to sleep on beds of nails. We don't even have to sit on tacks. But we must walk the razor's edge.

### **The Razor's Edge**

There are at least three areas where we need to walk the razor's edge. One is between conformity and creative leadership. The second is between prejudice and community. The third is between advocacy and the search for truth.

#### **(1) CONFORMITY AND CREATIVE LEADERSHIP**

There is the razor's edge between conformity and creative leadership.

#### **Present Predicament of Conformity**

There appears to be an aura of horror and defeat at the sound of Organization Man, The Man in the Grey Flannel Suit, Suburbia, Friendly Persuaders. Conformity has become the whipping word of most churchmen and many thinkers. It has become the archfoe. We think of George Orwell's 1980 and David Karp's **One**, and we see men emerging as machines.

I remember one speech in which I quoted from Margaret Applegarth's book, **Men as Trees Walking**. She writes about the experiments of a French scientist who first called attention to the processionary caterpillar. "This particular kind of caterpillar had a terrifying tendency to go around in circles following a leader; each caterpillar's front end against the rear end of the caterpillar ahead."

Then I continued with my speech on Conformity on the College Campus today—a speech to a specialized student conference. At the end, I returned to the analogy and told how "the scientist placed the caterpillars in a line on the edge of a flower pot which was filled with their food, pine needles. Immediately they started their tireless procession, going around and around without stopping, day or night, even for food. They kept up this monotonous marathon one

day, two days, three, four, five and six. But on the seventh day they all died—from sheer exhaustion, and lack of food; a mere turning of the head and they could have lived. But they were frantically intent on this reckless ritual of revolving. This was my concept of our current predicament.

### **Self-autonomy**

In the place of conformity, the academician urges self-autonomy, the inner directed person, the "Think-for-yourself" man. Clarence Darrow rather cynically viewed the possibility of such an alternative to conformity. At eighty, Mr. Darrow was introduced as "a man who is criticized by some because he has thought ahead of his generation." To this the famous lawyer responded, "Mr. Chairman, it isn't hard to think ahead of your generation. If you think at all, you're ahead of it."

The churchman advocates turning to the sources of nourishment, accents prophetic leadership, admonishes obedience to God, places Christ at the center of life. He calls for another Amos, an Augustine, a Luther, a Wesley, or a Martin Luther King.

### **From One Type of Conformity to Another**

The fascinating thing about conformity is that we usually stop short. We condemn conformity and exalt independent thinking, leadership, and action. But really, we are urging the changing from one type of conformity to another. We want people to conform to the standards of our group rather than the standards of their group.

There is no better illustration of this than the temperance field. We want people to drop the drinking behavior of their social class, religious or ethnic group, and accept the patterns proposed by our group.

When the Robert Straus' and Selden C. Bacon study, **Drinking in College**, first appeared, many leaders objected. They claimed it was oversimplification to explain that people tend to use alcoholic beverages because it is an accepted custom. Such a concept seemed to threaten leaders who believed that non-drinking was the answer. They were out of

sorts because someone else's standards were rated customs rather than their own.

### **Voluntary Conformity to Established Norms**

We can go much farther: the stable society is the one in which voluntary conformity is established and mutually agreeable norms are the universal practice. The very existence of the smallest group and the most complex nation is dependent on conformity or norms.

Robert Angell has presented this in a stimulating manner in his book, **Free Society and Moral Crisis**. According to Mr. Angell, every society holds certain common, universal values. In the western world, dignity of the person including equality before law, civil and religious liberties, responsible democracy, opportunity for all, humanitarianism, competition with fair rules, technological progress, peaceful orientation toward other nations, and patriotism are common values.

The problem is to apply these common values to a changing society, a society in process. We do this through norms, institutions, and laws. These elements—norms, institutions, and laws—are the moral web. Common values hold the moral web as you would tightly grip the edge of a blanket. The other end of the moral web is tightly held by societal structure and process. The problem is to keep the moral web tightly held by each side.

If society whips the web out of the hands of common values, we perish. Therefore, we must maintain a high degree of consensus on what are the accepted norms, institutions, and laws. There are people and groups in society that are disloyal to institutions, others who deviate from norms, and still others who disobey laws. When the deviants become too large a proportion of the population, we decay, disintegrate.

### **Norms and Alcohol Problems**

What has this to do with alcohol problems? I believe that we are agreed on at least this list of civil and religious liberties, responsible democracy, opportunity for all, competition

(Continued on page 25)



Kathern Bjorkman



Jo Ann White

## The Roberts Journalistic Awards Of 1958 - 59

**W**RITING ON "Seeking Release" through Alcohol, Tranquilizers and other drugs—release "From What?" "To What?"—Kathryn Bjorkman, Bethel College, St. Paul, Minn., won highest honors in the annual Roberts' Editorial Writing Program of the Intercollegiate Association for the year 1958-59. The award was \$150 in cash and a scholarship and travel grant to the Intercollegiate School of Alcohol Studies at McMaster University, Hamilton, Ontario, in August.

Second honor was awarded to Jo Ann White, Polytechnic Institute, Ruston, Louisiana—\$100 in cash, a scholarship and \$50 travel expenses. Miss White wrote on "Alcohol, Tranquilizers and 'Dope'."

Two third-honor awards of \$50, a scholarship and \$25 toward travel expenses, each, were won by Janet Jean Wold, Jamestown College, Jamestown, N.D., and Ted Levy, Teachers College, New Britain, Conn.

Four students gained fourth honor positions—cash \$25 and a scholarship—Paul Kuhlman, Wartburg College, Waverly, Iowa; Joyce Wessman, Bethel College, St. Paul, Minn.; and



Joanne Beves and Betty M. Jones both of Teachers College of Conn.

Under the general theme, "Seeking Release" from the irritations of life, petty to serious, through drugs, particularly alcohol, instead of by normal means to good mental health, many of the students used such particular themes as "Why Are You Addicted?" "The Individual and Escape Through Alcohol," "Release From Reality," "Satisfying Needs," and just simply "Why?". The winning editorial by Miss Bjorkman seemed to sum up the trend of much thinking—"Does the End Justify the Means?"

Over 1,100 editorials were reported from 35 different colleges of Canada and the United States. Most of them were written after much reading and class discussion under the guidance of their professors.

The judges were Dr. Ebbe Curtis Hoff of the Division of Alcohol Studies and Rehabilitation of the Medical College of Virginia, Richmond, and a committee of secretaries of the Intercollegiate Association, sponsor for the last 15 years of the Logan H. Robert's Series of Editorial Awards to encourage study and research on problems of alcoholic drink.

The 40 finalists were:

Lawrence Becker, Midland College, Fremont, Nebr.  
Ouida Beeson, Eastern Oklahoma A. & M. College, McAlester, Okla.  
Marilyn Benson, Bethel College, St. Paul, Minn.  
Joanne Bevus, Teachers College of Connecticut, New Britain, Conn. (Fourth)  
Kathryn Bjorkman, Bethel College, St. Paul, Minn. (First)  
Kim. R. Burningham, University of Utah, Bountiful, Utah  
A. J. Burton, Acadia University, Wolfville, Nova Scotia  
Frederick Wm. Chenhall, Jr., Acadia University, Wolfville, N. S.  
Eleanor L. Clifford, Teachers College of Conn., New Britain, Conn.  
Patricia Ann Dauphin, St. Mary of the Springs, Columbus, O.  
Deanna Ehman, University of Saskatchewan, Saskatoon, Sask.  
William L. Ellison, University of Missouri, Columbia, Mo.  
JoAnn Feldhusen, Jamestown College, Jamestown, N. Dak.  
John E. Gonin, Sir George Williams College, Montreal, Quebec  
Douglas Harman, Nebraska Wesleyan University, Lincoln, Nebr.  
Stan Jernigan, Lambuth College, Jackson, Tennessee  
Betty M. Jones, Teachers College of Connecticut, New Britain, Conn. (4th)  
Catherine Kendall, Louisiana Polytechnic Institute, Ruston, La.  
Jack M. Killian, Lenoir Rhyne College, Hickory, N. C.  
Paul Kuhlmann, Wartburg College, Waverly, Iowa

(Continued on Page 14)



## **"Does the End Justify the Means?"**

**By Kathryn Bjorkman**

**Bethel College,  
St. Paul, Minn.**

**A**MERICA HAS BECOME highly technical and extremely complex. The demands placed upon the average citizen are frightening—the need for advanced technical skills, the need to meet successfully the increasingly high level of competition, and the terrific pace which one must be able to maintain.

Along with the more or less mechanical modifications in society has grown an uncertainty—an overwhelming uncertainty. The public is uncertain about the future; it demands answers concerning the "H-bomb" and the possible conquest of space. The citizen has growing uncertainties about himself; he wonders if he can keep abreast of changing times or if he will be left behind, possibly jobless. He has been robbed of his sense of security and his feeling of confidence; he no longer feels capable of meeting almost any situation which may arise.

Economic uncertainty also has manifested itself in the last several years; the thing uppermost in many minds is the

possibility or probability of recession, the risks involved in investments, and the contemplation of reports of inflation and the decreasing value of the American dollar. People clamor for some type of security. Having departed from tradition and religion, where have they to go? Where can they find relief and release from these insecurities, uncertainties and tensions?

Many have found the answer in alcohol and "tranquilizing" drugs. Alcohol is an old solution to fairly modern problems. Historians tell us that the consumption of alcohol is an ancient tradition, probably used for celebration purposes. This ancient tradition has extended itself widely until, now, it reaches every nation and every type of person. And as it has spread throughout the world, its uses have become enlarged. Along with "social drinking"—the consumption of alcohol to enhance good fellowship—man has found that he can "drink away his problems"; with the use of alcohol, his problems fade into insignificance. While under the influence of alcohol, he no longer experiences the agonizing feelings of personal inadequacy and incapability. He is no longer inhibited by his tensions and anxiety. He is "on top of the world"; he possesses an extreme measure of self-confidence and feels ready to look life in the face.

Tranquilizing drugs provide a fairly recent solution, having been used extensively only since 1953.<sup>1</sup> A tranquilizing drug, or "Tranquilizer", is "a chemical substance which has an effect on the body, especially on the central nervous system, which results in a reduction of anxiety and tensions allowing the person to be calmer or more relaxed."<sup>2</sup> The primary purpose of these drugs is to reduce anxiety and tension. But, like alcohol, as it reduces anxiety, it also reduces caution. Unquestionably, there are dangers with the widespread use of tranquilizers.

The dependence of the American people upon these aids can be illustrated by the degree to which they are used. At the present time, one-third of all prescriptions contain some tranquilizer.<sup>3</sup> Fifty percent of American adults use alcohol.<sup>4</sup>

to obtain a quick release from care and harassed nerves; These statistics would seem to indicate that these devices accomplish quite well the task of release and relief given to them by the American people. But, what about the more complex problems of society which evolve from their use?

What about alcoholism? And accidents resulting from errors in judgment because of consumption of alcohol? And crime committed because of a break-down in moral conduct while under the influence of alcohol? Is the use of these drugs—alcohol is considered a drug—for the release of tension and anxiety justified in view of other problems created by their use?

Maybe we are barking up the wrong tree when we search for something to relieve tension and anxiety. Perhaps the answer lies in the elimination of those factors and situations in our society which cause the tensions and anxieties. But it would be impractical to destroy our system of initiative and competition or abandon scientific research and advance. If this, then, is impractical, maybe the only solution would be that the American public learn to live with its tension and anxiety. Or if this is impossible, the individual may be able to cope with them more successfully by cultivating an interest in numerous activities or pursuing a hobby. Perhaps we could nip the problem at its base by teaching our children and young people to develop an awareness of the things around them which will prove to be sources of enjoyment and outlets for tension so that they need not depend on alcohol and other drugs for release and thrills. We must teach them to live and to live life to the fullest, for in so doing, they may be able to avoid the pitfalls of anxiety and uncertainty. What we need is not a cure, but an effective plan of prevention.

---

<sup>1</sup>"Don't Misuse Tranquilizers," *Today's Health*, Vol. 35, June, 1957.

<sup>2</sup>Dr. Felix in "What You Ought to Know About Tranquilizers," *U. S. News and World Report*, June 21, 1957.

<sup>3</sup>Ibid.

<sup>4</sup>Weaver, Wallace, *Social Problems*, Dryden Press, Copyright, 1951.

*"Implications of the Increase"*

# Alcohol, Tranquilizers and 'Dope'

By Jo Ann White

Louisiana Institute  
of Technology, Ruston, La.

**T**HE ABUSIVE USE of alcohol, tranquilizers, and dope by millions of Americans poses a greater threat to the well-being of our country than all the men and missiles of Soviet Russia. The reason is that these menaces eat away at the moral fibre of our greatest resource—the capable and productive members of the twenty to fifty year old age group.

It is estimated that one out of every sixteen persons who indulges in alcohol is a prospective alcoholic.

Among the implications of the increase in alcoholism found in the United States in the past few years are two factors of particular significance. First, that young people today stand twice the chance of becoming alcoholics as did their fathers and second, that there are still more people dying each year as a direct result of alcoholism.<sup>1</sup>

The modern alcoholic is not the "town drunk" character of years gone by. He is more often a well thought of young citizen with a home and a job he tries desperately and unsuccessfully to keep. Ralph M. Henderson, Industrial Consultant for Yale University of Alcohol Studies, told a group attending a conference on problem drinkers in industry that:

Spot surveys reveal that 2,060,000 alcoholics are regularly employed; that male alcoholics in industry lose an average of 22 working days annually or a total of 29,700,000 working days. Alcoholics are responsible for 1,500 fatal accidents at work annually, and 2,850 fatal accidents elsewhere.<sup>2</sup>

Narcotics have come into the forefront as a very real problem to modern Americans.

Where a few years ago, the average age of the addict was thirty-six, it is now in the twenties, with so many teen-age cases that national and local authorities have had to form committees and programs to face the present situation.<sup>3</sup>

Tranquilizers were developed by modern research for medicinal uses, but are purchased and used by most Americans

thus, they reap a handsome profit for pharmaceutical firms.

A triple threat advances on our nation with each portion of alcohol, dope, and tranquilizing pills an American buys and uses abusively. The government has done an excellent job in controlling the use of these, but its resources for such police action are necessarily limited. For example:

Our Federal Narcotics Agents under the direction of Harvey J. Anslinges, Commissioner, United States Bureau of Narcotics, have done and are doing a wonderful job in checking dope peddlers all over the country. But the Bureau has only about 250 agents in all, too few indeed to police any individual neighborhoods or communities.<sup>4</sup>

Whether the problem be dope or alcohol or tranquilizers, it must be solved by individual communities and their families. The people must be informed as to the dangers of these three through school, church, and mass entertainment media.

The family is the basic unit of society, and the problems of the alcoholic or addict can, in the majority of cases, be traced to a breakdown in the family unit. The persons affected feel a need for relief and release, and in their want and confusion they mistakenly turn to stimulants. The family cannot be strengthened until the American people are awakened to the basis of all family life, which is the divine plan of God.

If through a concerted educational project in our schools and churches we succeed in re-building love and respect for the family unit and if we instill in each family a knowledge of the futility of the use of stimulants as a cure-all for disappointment and defeat, shall we have solved the problem of the addict and alcoholic?

Indeed, we shall have. Robert V. Seliger, a well-known practicing psychiatrist, has pointed out that:

A return to religion is most helpful and, therefore, in their treatment, most of my patients receive some treatment in the form of reading assignments in religious fields. The philosophy of Religion is universal law and I have had the opportunity to observe the curative power of these laws at work and also the tragedy brought about by disobeying them.<sup>5</sup>

The solution proposed is not an easy one. It means reversing the downward trend of the family in our society; ex-



pending large sums of money for research and education; and training more young people to aid those unfortunate persons already enslaved by stimulants. But when these obstacles are equated with the benefits derived from helping millions of Americans to happy, useful lives and the strengthening of the internal moral fibre of our nation, they seem small indeed.

---

<sup>1</sup>R. G. Bell, "Alcohol and Tranquilizers," *Mac Leans Magazine*, (February 15, 1958), p. 18.

---

<sup>2</sup>Ralph M. Henderson, "Drinking Problem Costs," *Times Picayune*, New Orleans, (Wednesday, October 16, 1957), p. 3.

<sup>3</sup>Edward Hayes, *Love for a Lifetime*, p. 39.

<sup>4</sup>Robert Seliger, "*The Dope on Dope*," p. 21.

---

<sup>5</sup>Robert Seliger, "*How to Help an Alcoholic*," p. 34.

### Journalistic Awards (Continued from page 8)

Angela A. Kull, Bradley University, Peoria, Illinois  
Arlene Helen Lang, Jamestown College, Jamestown, N. D.  
Tedd Levy, Teachers College of Connecticut, New Britain, Conn. (Third)  
Sandra Litzinger, St. Mary of the Springs, Columbus, O.  
John H. Marrs, Bethel College, St. Paul, Minn.  
Billy G. Monks, Eastern Oklahoma A. & M., McAlester, Okla.  
Carol Ann Nanninga, Westmar College, LeMars, Iowa  
Ronald Osborne, Westmar College, LeMars, Iowa  
Joel Parrott, Cornell College, Mt. Vernon, Iowa  
Valeria Redmann, Wartburg College, Waverly, Iowa  
Lucy Rhodes, Mars Hill College, Mars Hill, N. C.  
Ola Natalie Roman, University of Saskatchewan, Saskatoon, Sask.  
Andy Schreffler, Roberts Wesleyan College, No. Chili, N. Y.  
Gail Schultz, Nebraska Wesleyan University, Lincoln, Nebr.  
Joanne Smith, St. Mary of the Springs, Columbus, O.  
Steen Tofte, Wartburg College, Waverly, Iowa  
Joyce Wessman, Bethel College, St. Paul, Minn. (Fourth)  
Ann Lynn White, Hartwick College, Oneonta, N. Y.  
Jo Ann White, Louisiana Polytechnic Institute, Ruston, La. (Second)  
Janet Jean Wold, Jamestown College, Jamestown, N. Dak. (Third)

---

Mikoyan offered to ship unlimited quantities of vodka to the U.S. during his American tour, according to the Communist newspaper Pravda. It quoted him as saying Russia can easily spare the liquor "now that our own consumption has been rapidly reduced."

—The Wall St. Journal

*"Running from a Problem"—  
A case story*

## Chain Reaction

By Ola Natalie Roman

St. Thomas Moore College  
Saskatoon, Saskatchewan

**S**ALLY DREW WALKED into my office for the first time on August 12th, 1956. My memory of her was vague although I knew I had attended high school with her pretty sister, Anne.

"Sit down, Sally," I said, as I motioned towards a chair. "It's been a long time." As she seated herself, I observed how tense and uneasy she was. She was thin and haggard—much older in appearance than her thirty years.

"I heard about . . . you becoming a psychiatrist," she started at a nervous pitch, "and, oh . . . Jim, I need help. I've been drinking . . . a lot!" She began to sob.

This was the beginning of an unusual case history. In our first chat, Sally revealed that she was a librarian by profession, having graduated from the University of British Columbia. At work she had, at first, been considered efficient, although her relations with her co-workers had never been satisfactory. She desired the company of other people, but when amongst them she felt inferior and feared that they would laugh at what she had to say.

It was in July, 1948, that she had her first experience with alcohol. This is recorded in her own words:

"I was at a party—a wall-flower as usual—when someone offered me a drink. I accepted for the first time in my life. I experienced a pleasant, warm, tingling sensation, so I had another. Before I knew it, I was bubbling over with conversation and laughter. And the others were listening to me and laughing with me—even the men."

It was uncovered that Sally had a high intelligence rating and, evidently, under the influence of alcohol her natural ability for bright conversation was released. But after Sally's

first few successful encounters with alcohol, she began to drink too heavily.

"I couldn't stop at three drinks. I guess I became obnoxious. People stopped inviting me to their homes, and to compensate for my injured feelings, I drank even more heavily. That's when I lost my job."

Sally Drew would have to help herself. Alone, I could do nothing. So we probed into her past. At first she stoutly insisted that her home-life had been ideal. Her parents were puritanical Christians, and strong supporters of their church. Mr. Drew was a lawyer, and both he and Mrs. Drew had drilled Sally and Anne (her only sister) on the evils of alcohol. Drinking would incur the "wrath of God." "And so," said Sally, "they certainly aren't responsible for what has happened to me." I refrained from comment.

Later it was shown that Sally had grown up in Anne's shadow. Anne, the older, was adored by young and old alike. She was coddled by her parents where as Sally was constantly reminded that books were her lot in life. She wore hand-me-down clothes and neglected her appearance. Anne expressed sympathy for Sally's "plain-ness." Sally, in return, feigned an "I don't care" attitude. This was coupled with resentment towards her family. When she failed to receive an invitation to her graduation dance, her mother suggested that Sally wasn't the type for dances anyway. "I hate you," the daughter screamed in reply. A year later Mrs. Drew, a sickly woman, died of a sudden heart attack. Sally was deeply disturbed. She began to have nightmares in which she pushed her mother into an open grave shouting, "I hate you . . . I hate you!" She no longer made attempts at social life.

Sally left home to go to college. At the university, she made good grades, but formed no friendships. In the company of others she felt dull and drab. She would stutter and stammer and eventually run away—that is, until she formed her friendship with alcohol.

Sally Drew's story is that of a woman running away from a problem with which she could not cope. Basically, she felt

vastly inferior to other people and was unable to fulfill her strong need to communicate with them. This mental state stemmed from a chain of events in her past life. Alcohol seemed to be the answer but it did not bring her happiness. You might say it became a "more-than-social" lubricant. People like Sally Drew, and there are many of them, turn to alcohol or to drugs and tranquilizers for many reasons. We have dealt with the chief of these—that is, a release from the burden of personal problems. It is hoped that if and when Sally Drew and the others who share her problem come to understand why they behave as they do, they will eventually find the peace of mind for which they seek.

---

*"Personality disorders—  
and social drinking"*

## **Why Are You Addicted?**

**By Paul Kuhlmann**

**Wartburg College.  
Waverly, Iowa**

**T**HE PROBLEM of alcoholism in men and women never has been considered a sickness by many until recently. Still the attitude prevails among many that it is the alcoholic's own fault that he got into the situation he did. The argument here must lie in the possibility of a psychological sickness. Maybe there is something that drove this person to attempt to find a release or escape from reality. This may lie in a personality conflict in which a person has a feeling of inferiority. This seems as though it is unbearable to the person, so he naturally seeks some method to try to rid himself from this feeling. Some people may attempt this release by introspection. They try to look at themselves and improve their personality and their relations with other people in order to give them a feeling of worth. This is a constructive approach to facing conflicts.

Most people are not this systematic and do not stop to think what they are doing. Attempting to get away from it all, they try one thing and then another. The trial and error

method is used. Eventually they may hit upon alcohol or some type of drug that gives them a feeling or sense of freedom. A way of release has been found. Maybe it starts out that this release is sought only once in a while, but eventually it may lead to addiction.

A person under the influence of alcohol does not have full control of himself. It releases him from a sense of reality into a world of fantasy. Soon an alcoholic will not have a sense of responsibility. Alcohol is all he wants. The family, church, and the like lose their value for an addicted person.

We must be careful not to attribute all of alcoholism, drug addiction, and the like to personality disorders. It has been estimated that forty percent of alcoholism is due to personality disorders. The other sixty percent is due to social drinking. Maybe drinking started at a dinner where drinks were served. The individual noticed that it gave him a pleasant feeling. Soon he was drinking a little more until it was impossible to stay away from it.

Release from tension by the deadening of the senses through the use of tranquilizers, other drugs, and alcohol is only temporary, and soon the effects will wear off. Then the person is worse off than ever. While under the influence of alcohol or drugs he has most likely spent a lot of money and possibly has wrecked his home. Now he has more troubles than ever. Now he has lost his job. So what happens? A release is sought for all these troubles, and the one release has been found in drugs and alcohol.

No one cure can be advised, since addiction is such a varied thing both in degree and kind. Probably the best thing would be to find what caused this person to turn to this source of relief for his troubles. An answer to the problem may lie in helping people to resolve their personality conflicts so that anxiety, fear, and tension may be replaced with happiness and a feeling of well-being.

---

"The only glory in life is to leave the world better for having been in it. Intoxicating drinks do not help to do that."

—Wilfrid Grenfell, M.D., of Labrador.

*" . . . alcoholism doubled  
in the past ten years."*

## **Are We Afraid of Facts?**

**by A. J. Burton**

**Acadia University,  
Wolfville, Nova Scotia**

**T**O THOSE WHO are concerned about the increasing tendency toward alcoholism, the recent article, "Alcohol and Tranquilizers" by Dr. R. Gordon Bell, published in McLean's Magazine in Toronto, should cause even more concern and should serve to cause us to examine our entire approach to this question.

To learn that alcoholism has doubled in the past ten years in a certain section of our continent is frightening to say the least. We very naturally ask the question, "Where will it go from here—will it double again in the next ten years?"

The society we live in makes many demands upon its members. The pressures that are built up from life's frustrations, from personal failures, from feelings of inferiority, from the monotony of a dull existence, from competition and the like, are oftentimes tremendous, and even the strongest are sometimes tempted to turn to sense-dulling drugs for release. Release is found to some extent—but only for a short time, and then one must return to the reality of living. The problems remain unsolved and they must be faced again.

In spite of the evidence that is easily seen on every hand, that alcohol and tranquilizers do not solve problems, but rather contribute to the individual's problems, our society insists on condoning this social evil. Apparently we are either hard people to convince or we do not want to be convinced. If our present attitude toward the menace of alcohol continues we may very well become a continent of alcohol and tranquilizer addicts.

But how do we combat such a monster? This enemy of men does not wreck a life or break up a home at first acquaintance. Quite the opposite is true. It produces a sensation of pleasure, and the user thinks he has found a way to



"get away," for awhile, from the things that make life difficult for him. The subtlety of alcohol is seen when the occasional drink becomes a habit and the habit becomes an addiction that makes the user its slave.

If the alcohol and tranquilizer problem is to be solved mature people will have to face up to the facts and cease to run away from them. Is it not time that we stopped repeating like parrots that old cliché, "Alcohol is alright if you know how to use it"? Dr. Bell has shown us that we do not know how to use it. The deceptive thing about alcohol is that a man does not discover that he does not know how to use it until it is too late for him to stop—by that time he has become an addict.

A good portion of our society has always been annoyed at those who campaign against this evil. As often happens, their good was evil spoken of, and they were dubbed "temperance cranks." They were looked upon as kill-joys who would deny a man his "only pleasure" in life. Now, when a man such as Dr. Bell comes along, armed with such formidable facts that he has scientifically acquired, will he too be treated as a "temperance crank"—or will we all listen to him?

When Dr. J. E. Salk presented to the world a preventative for poliomyelitis the people quickly and wisely listened to him. As a result our continent is practically rid of this most terrifying of diseases. The alcohol remedy will not produce the swift results that Salk Vaccine produced, but nevertheless the medicine must be taken if the patient is to be cured.

Dr. Bell suggests that we go right to the source of our trouble and examine "the very roots of our modern way of life—its values, its purposes, its weaknesses and its strength.

Is it not time that we began to fight alcoholism instead of placidly allowing it to destroy us? Let us teach our children the dangers of alcohol, in the public school, in the high school, in the college. Let us teach our children to avoid the thing that might wreck their lives. Let us teach our children to meet life's problems like men.

*"Desire to escape  
from self is evident."*

# Release Through Drugs

By Janet Jean Wold

Jamestown College,  
Jamestown, N.D.

ONE OF THE most complex issues facing American Society today is the overwhelming use of alcohol, tranquilizer drugs, and other drugs. Because of its complexity, any discussion of the topic cannot supply pat, easy answers. But the very impact that this problem has on the life of our nation shows that some deep thinking is necessary.

An observation of the great number of people who are using these drugs does not supply a definite conclusion as to their reasons in so doing. The many facets of an individual's personality structure make it difficult to analyze the motives of one person alone. But in looking at a large number of cases, it appears that people use alcohol, tranquilizer drugs and other drugs for three general reasons. These are: (1) to escape from themselves; (2) to make things easier for themselves; and (3) to transcend themselves. Aldous Huxley has called drugs mind-changers, and if they are thought of as such, the categories can be boiled down to this statement: people want their minds changed.

The first of the above reasons, escape from self, is the symptom that probably shows up the most in alcoholism. Alcoholism is usually the outward manifestation of an inner problem. Neurotic disorders such as guilt, fear, or inadequacy can lead a person to the point at which his only thought is to escape and forget. The bottle is the quickest and handiest way. This then leads him to a worse problem.

The desire to escape from self is evident in less extreme situations, also. The self-conscious teen-ager who won't dance unless he 'has a beer under his belt,' or the young couple who "don't want to get drunk—just have enough to feel good" are so common in the campus environment. The

boy, too shy to go through the ordeal of dancing, must bolster his courage; the young people on a date are unsure of their social skill and personal attraction and so rely on alcohol. They try to escape from their inadequacies by releasing their inhibitions.

In the second phase under discussion, that of using drugs to make things easier for self, the use of tranquilizing drugs is most evident. These tranquilizers, a recent development on the scientific scene, have been a tremendous boon to the field of psychiatric medicine, making therapy possible for even former strait-jacket cases. Unfortunately, their use has not stopped with those really in need of them.

In 1957, 48,000,000 prescriptions for tranquilizers were written. To avoid struggling with their problems in this sometimes overwhelmingly complex world, these people simply popped a Miltowne in their mouth and everything was rosy again. The fallacy in this approach is that as long as things aren't rosy, making them appear so does not solve the original trouble. Instead, it makes the individual less able to cope with his problem; he becomes too tranquil. People who depend on tranquilizers cheat themselves of the satisfaction which comes through the conquering of obstacles. Think of all the accomplishments in history that would not have been if men had always been tranquil.

The third category, that of self-transcendence, is the most difficult to understand. It is nothing new. Various drugs have had their place in the religious life of different cultures down through the ages as a means of producing visionary or supernatural experiences. Through drugs, self-transcendence in which the mystical powers are sharpened is brought about.

Another type of self-transcendence closely related to the religious is the creative. Many poets and artists of the past and present have used drugs in an attempt to cause a change in their perception so that they may produce something entirely new.

These then are some of the reasons people use drugs. It comes back to the basic idea that people want to be different

from what they are.

No solution can be offered as a panacea for this complex aspect of our culture. Just as the motives of each individual are different, so the solution must also be individualized and personalized. It is doubtful whether general measures such as prohibition of all drugs would be successful.

Perhaps the acceptance of the Christian faith would be the best general solution, for it is individual with each person. To those seeking release from themselves, the knowledge of God's love for them and the power that He can have in their lives would help them to accept themselves. Knowing that God is with them in all trials would help those seeking release from their conflicts immensely. And lastly, Christ Himself can give such faith and inspiration that using drugs for self-transcendence would be unnecessary.

The whole question is indeed one for deep thought and one which cannot be ignored.

*"Are you afraid  
to face life?"*

## Mice or Men

By Sandra Litzinger

College of St. Mary of  
The Spring, Columbus, O.

"**YOU'RE FIRED!**" that's what he said to me. How can I walk into that house, face six hungry little faces and say to my wife, 'I was fired?'" John Murdock was a factory worker. He had never even thought about the possibility of losing his job, and the reality of the whole thing was too much for him to face.

"What I need is a drink," he thought to himself. So, instead of going home, he drove to the nearest tavern. You know the rest. Thus began the ruination of his own life as well as those of his wife and six little children.

In the business of that same factory, a private secretary, Mary Jane Holden found her work piling up, until it became impossible to accomplish any one thing before a dozen oth-

ers had to be started. She had prided herself on being an efficient secretary and didn't like the idea of her efficiency being hampered. As the days went by, the amount of work became almost unbearable for Mary Jane. She sought release for her nervous tensions and turned to tranquilizers to find that release. She found release, but was not really satisfied.

In another section of that same city, a young mother, with a houseful of "little darlings," more properly referred to as little terrors, found a dirty house, dirty clothes, dirty dishes, and dirty children a bit monotonous to face day after day. So, she too, began to use tranquilizers. Why, she cannot say, except that it seemed to lessen nervous tension, and to provide a release from her household worries.

On the outskirts of that city, in one of the leading universities of our country, that ever dreadful "final week" was coming up. The end of another term was approaching and an innumerable number of assignments were due. Students found life very difficult and sought release from the days that lay ahead. Some of them turned to tranquilizers. Others turned to alcohol. The latter were eventually expelled from the university; their college careers were over and all their previous work appeared to have been done in vain. The lives of those who turned to tranquilizers were not really changed, but they, like the private secretary, were not satisfied with themselves.

Are you one of the thousands of Americans who, today, are afraid to face life and all its realities, who are seeking release from their problems through alcohol, tranquilizers, or other drugs? If so, STOP! Profit from the experience of others before it becomes too late. Seeking release through these things does not produce happiness or satisfaction; it simply reveals the weakness of a person's character.

Alcohol, although it gives pleasure to a person while he is under its influence, can only produce unhappiness for those around him and more hardships for the alcoholic himself, after the effects of the drink wear off. Tranquilizers, although they do release tension, do not give the satisfaction

that is usually desired along with the desire for release and only make it more difficult to face future hardships.

Man has been given the power to face the trials of his life with courage and the ability to work out his problems. When he refuses to use these powers and abilities, he becomes like the mouse who runs from danger, but has no knowledge of his destiny. More often than not, he ends up in a trap!

## **THE RAZOR'S EDGE**

(Continued from page 6)

with fair rules, technological progress, etc. In the field of alcohol problems, however, we do not have any common norms, institutions, or laws.

Take drinking behavior. We have few common norms. Some groups advocate abstinence. Others advocate moderation. Still others say that sobriety may be practised either by abstinence or moderation.

We are nearing commonality of norms in our attitudes toward drinking drivers and alcoholism. Although there are sizeable elements who would still call alcoholism a sin from start to finish, most leaders and a large proportion of our people accept alcoholism as a disease or a disorder. Many churchmen would want some mention of sin included in their description of the causation of alcoholism, but would accept alcoholism as a disease in its full-blown form.

We are not much better off when it comes to institutions. In relation to alcohol problems there are no commonly accepted institutions to compare with the public school or the bank in the realms of education and financing respectively. Alcoholics Anonymous almost qualifies, but will probably never make the grade. Some say that public school education is the institution through which our purposes are to be accomplished, but there would be no consensus on this point.

And I need to say very little about laws. I seriously question whether anyone can name any area of jurisprudence which has such widely diversified laws.

### **Basic Problem**

Our basic problem, then, in free society in general and



with alcohol problems specifically is (1) arriving at universal norms, and eventually though far less importantly at universal institutions and laws to deal with the problems; and (2) the transmission of these norms with such effectiveness that universal conformity will result. (Talk about a dream!)

What, then, is the razor's edge that we must walk? The delicate line between conformity and creative leadership. We must suggest changes in our social order that are not out of reach of anyone yet are in the direction of establishing universal norms that will help to alleviate the alcohol problems. We are to carry our people with us to solutions. We are to advocate change and conformity in the same breath. For the moral web tears if the norms are not in step with the common values and the changing society.

## (2) PRE-JUDGMENT

We are to walk the razor's edge between pre-judgment and community. Pre-judgment is a feeling or response to persons or things which is prior to, and therefore not based on, actual experience. It may be either positive or negative. I pre-judge negroes. I am in favor of upper middle class, small town, Oklahoma, U.S.A., Methodist Protestants. Many believe that prejudice grows out of such differences. We talk of "consciousness of kind" and "dislike of the unlike."

It looks as if differences are here to stay. In fact, I can think of nothing more tiring, dull, monotonous, than a world full of people who are all alike. It is a nightmare not to be fancied.

## Differences

During the last few weeks I have been reading the sermons of John Wesley and have been moved by his insights. On one occasion he stated, "It is certain, so long as we know in part, that all men will not see all things alike. It is an unavoidable consequence of the present weakness and shortness of human understanding, that several men will be of several minds in religion as well as in common life. So it has been from the beginning of the world, and so it will be 'till the restitution of all things'."

In line with this, we should expect different reactions to the aspects of the alcohol problems. We should expect some people to drink because of the pleasing effects it brings. We should equally expect other people to dislike alcoholic beverages because of their taste. These are perhaps the most superficial reasons we can imagine for drinking behavior growing out of differences alone. Out of these reasons the behavior that emerges is obviously different. It holds potential prejudice.

And it won't help to talk about accenting likenesses to the point of the disappearance of differences. For the nearer alike groups become, the more they tend to accent their differences. And the more they accent their differences, the more different they become.

### **We Should... Want Differences.**

We should stress differences. We should encourage those who are different, except when their point of difference infringes on the rights of others.

It is at the point of hurting people that differences relating to drinking behavior become dangerous. When we limit others' rights because they are different, we have discrimination. At this point encouragement of differences should end—or just before that point. But the step from differences to discrimination may be an extremely short one. Differences often end in fusses if not in riots.

### **Problem**

So we must balance each expressed difference with a bond of community. For differences to exist without eventually leading to disintegration, there must be a fellowship in which differences can be expressed and accepted. There must be a type of systematic deviation which is an integral and an integrating part of society. Alcoholics Anonymous illustrates this ideally. On one issue leading to disintegration—namely, drinking—A.A. demands the strongest adherence. On all other points, almost anything goes. A member of A.A. can confess to the most unaccepted of social behavior— theft, murder, sexual deviation, promiscuity—and still be

closely held by the community of adherents.

As far as I can see, the only medium through which a proper balance can be established between prejudices that maim and pre-judgments that mould a stable society is community. This is the razor's edge.

### (3) ADVOCACY AND THE SEARCH FOR TRUTH

The third razor's edge we walk is between advocacy and the search for truth.

#### **Search for Truth**

In our dealing with alcohol problems today, there is a well-founded, growing emphasis on research. We want to know the truth. We want to see things as they are. We want to face reality—in factual material. We feel the secret to an intelligent approach is a sound appraisal of things as they exist.

To search for truth means some understanding of what it is. I am not prepared to respond to Pilate's remark, "What is truth?" Early in life, I saw truth as the opposite to falsehood. Then, because of my religious conditioning, I identified truth with the Word of God as revealed in the Bible. My respect for the scholar, the scientist, and the artist grew for I saw their product to be truth and admired their quest. Now I find that Walter Lippman holds "the right to speak freely is one of the necessary means to the attainment of the truth." Who knows what I'll understand truth to be tomorrow?

#### **Advocacy**

But to affirm the truth is to take a stand of advocacy. If we have a word pertinent to man's predicament—if there is good news to be shared in answer to any of the major problems that face mankind today—we must take the soap box and speak loudly and clearly in defense of what we have experienced as truth.

In looking at alcohol problems, it is so easy to see one problem as "most important." Or, it is not difficult to see the alcohol problems in a composite as the greatest of all problems facing man. It is easier for persons such as you and

me to see one method or approach as "The Answer." "If we can only get people to see that education is the key." "Personal salvation through the church will ultimately solve all alcohol problems." These views and others we tend to grab frantically. And how can anyone believe these things without advocating them?

### **Problem of Belief and Truth**

Someone has said that reformers and social scientists fail because they look for truth rather than for what people believe to be true.

If a man believes a thing to be true, insofar as he is concerned it is true. For man tends to base his actions on what he believes.

I will never forget a conversation that I had with a hunter who had just been rescued from the mountains of Colorado. He and several friends had hunted too late in the season and had been snowed in. He contended with all the vigour his life afforded that if they hadn't had some whisky along they would have frozen to death. All the lectures, the Alcoholism Foundations and the Yale School couldn't move him from his advocacy.

It is easy today to get bogged down in research, studies and journals to the extent that we are more obsessed with theoretical and abstract truth than with what people actually believe. All of our efforts will produce only so much heat if truth and what people believe don't meet somewhere. Usually we think that that means we must bend down to where people are. It isn't a matter of their being up or down or our going up or down; it is our being together.

Our task then is to walk the razor's edge between the urgency, the militancy, the temperature, the conviction, the faith of the advocate and the practicality, reasonableness, open-mindedness,, feet-on-the-ground-ness of the searcher for truth.

### **(4) QUALITY OF LEADERSHIP**

As you will note, I have avoided the data of the alcohol problems. Statistics have been omitted. Instead I have tried

to present a path, an approach, a spirit, a life for partisans such as you and me.

Now I continue in the guise of an advocate. What I have presented appears to me to be the quality of leadership which holds the greatest promise for any advance in the alleviation of alcohol problems. It is not an easy route. It is a straight and narrow gate, a razor-sharp way between such ill-reputed yet necessary concepts as conformity, advocacy, prejudice, and their warm counterparts—creativity, community, and the open search for the truth. To walk this way will not be easy. It may be unpleasant if not impossible.

I personally believe that the only context in which it will glow with possibilities is the faith of the person who is becoming Christian.

## **“Hidden Alcoholics”**

**T**HE PUBLIC ATTITUDE toward alcoholism that makes the alcoholic a skid row bum is entirely wrong, in the judgment of Marty Mann, executive director of the National Council on Alcoholism, New York.

In an address to an audience of 1,000, at Miami, Fla., April 13, she pointed out that although Alcoholics Anonymous has done a tremendous job, there are still four and three-fourths million alcoholics in the United States who have not been reached. “Most of them are hidden alcoholics,” she said, “because of the stigma of alcoholism.”

Mrs. Mann told how the National Tuberculosis Association had been formed in 1904 at a time when attitudes toward tuberculosis were similar to those now prevailing toward alcoholism. “In those days people associated TB only with poverty and filth. Now it is known that T.B. is no respecter of persons, just as alcoholism today.”

T.B., no longer the number one killer, has been reduced, by public education and treatment to the point that the National Association is now looking for other fields to conquer.

The same result, she believes, can be achieved in the field of alcoholism.

## **AUDIO - VISUALS**

### **To Aid Study of Alcohol Problems**

#### **NONE FOR THE ROAD**

16 mm. black and white sound film. Produced by Young America Films, Inc. Running time: 20 minutes. For rent from some educational film libraries. Write McGraw-Hill Book Company, 830 W. 42nd Street, New York 36, N. Y., if not available near you. An excellent discussion film on drinking and driving.

#### **CASE 258**

16 mm. black and white sound film. Loretta Young Television Show. Running time: 29 minutes. Story of the rehabilitation of an alcoholic through the alcoholism program of an industrial plant. General Service Board, Alcoholics Anonymous, Inc., P. O. Box 259, Grand Central Annex, New York 17, N. Y. Free Loan.

#### **DOMINO**

16 mm. black and white sound film. Produced by Communication Center, University of North Carolina, for Alcoholic Rehabilitation Program of N. C. Running time: 28 minutes. A rehabilitation worker talks to alcoholics; includes the causes and symptoms. For North Carolina showings, order from State Board of Health, Raleigh, N. C. In other states, write N. C. Rehabilitation Program, 15 West Jones Street, Raleigh, N. C.

#### **I AM AN ALCOHOLIC**

16 mm. black and white sound film. Produced by RKO-Pathé, Inc. Running time: 17 minutes. Film Library National Association of Mental Health, 13 East 37th Street, New York 16, N. Y. The story of Alcoholics Anonymous in graphic way. Rental, \$5.00

#### **IN TIME OF TROUBLE**

16 mm. black and white sound film. Produced by McGraw-Hill Book Co. Running time: 14 minutes. Rent from Audio-Visual Aids Library, Penn. State Univ., University Park, Penna. Good for discussion of why people drink. Rental, \$2.25 per day plus insurance and postage.

#### **MEDICAL HORIZONS: ALCOHOLISM**

16 mm. black and white sound film. Produced by CIBA Pharmaceutical Products, Inc., sponsored by American Medical Association. Running time: 28 minutes. Available free for church use providing it is requested by a physician who will use the film for educational purposes only. Physician may request this Kinescope from Ideal Pictures Company, 233 West 42nd Street, New York 36, N. Y. Helpful for groups wanting to set up community program to help alcoholics. Rental, free

**THE FOLLOWING FILMS** may be secured from the **Methodist Publishing House** at the nearest following address:

516 N. Charles Street, Baltimore 3, Md.  
740 Rush Street, Chicago 11, Ill.



420 Plum Street, Cincinnati 2, Ohio  
1910 Main Street, Dallas 1, Texas  
28 E. Elizabeth Street, Detroit 1, Mich.  
1021 McGee Street, Kansas City 6, Mo.  
201 Eighth Avenue, South, Nashville 3, Tenn.  
150 Fifth Avenue, New York 11, N. Y.  
642 Smithfield Street, Pittsburgh 30, Penna.  
521 S.W. Eleventh Avenue, Portland 5, Ore.  
Fifth and Grace Streets, Richmond 16, Va.  
85 McAllister Street, San Francisco 2, Calif.

### **DRUNK DRIVING**

16 mm. black and white sound film. Produced by Metro-Goldwyn-Mayer. Running time: 20 minutes. Recommended for seniors, older youth, and adults. An outstanding film on the relation of drinking to driving. Rental, \$3.00

### **ALCOHOL AND THE HUMAN BODY**

16 mm. black and white sound film. Produced by Encyclopedia Britannica Films, Inc. Running time: 14 minutes. Presents in an interesting manner what alcohol is and how it affects the human body and behavior. Planned for public school use. One of the best films for fundamental information. Rental, \$4.00

### **HOW LONG THE NIGHT**

16 mm. black and white sound film produced by the Methodist Board of Temperance. Running time: 30 minutes. Part of new series of rehabilitation. Restricted use: discussion groups only. Builds understanding of problems alcoholics face. Rental price, \$8.00

### **TO YOUR HEALTH**

16 mm. color sound film. Produced for the World Health Organization by Halas and Batchelor Ltd. Supervised by E. M. Jellinek. Running time: 11 minutes. Available from Columbia University Center for Mass Communications, 1125 Amsterdam Avenue, New York 25, N. Y. Fast, lively cartoon film with concise summary of basic information about alcohol and alcoholism. Rental, \$5.00

### **UNDERSTANDING HEART**

16 mm. black and white sound film. Running time: 29 minutes. One of Loretta Young television series. Fine portrayal of do's and don'ts for helping alcoholics. Service charge, \$3.00

4 15352 24-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

McMaster Intercollegiate School .....	35
Nature of Addiction .....	39
Divergent Cults in Drink Tradition .....	43
Abstinence: Basic Premises .....	37 and 48
Moderation: Basic Concepts .....	49
Review: "Drinking and Intoxication" .....	55
Release from Reality: student writer .....	59
Number of Drinkers Declines .....	63

Hebrew University of Jerusalem  
Law Building. (Note next page)



# THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

November, 1959

Vol. 57, No. 2

## IN MEMORY OF OUR FIRST PRESIDENT

**I**N High Honor to the life-time service of the First President of the Intercollegiate Association, DR. D. LEIGH COLVIN, who died September 8, 1959, the Executive Committee of today, hereby express our deep appreciation of his whole-hearted devotion to the cause to which he dedicated his life as a college student.

In particular, we are grateful for his foresight and applied idealism while a student at Ohio Wesleyan University, Delaware, Ohio in 1900, in organizing the Association and then leading it in its first twenty creative years. For it was D. Leigh Colvin who initiated this movement among the colleges of America for the purpose of encouraging study, and service toward solution of the Problem of Alcohol in human life. — Columbus, Ohio, Sept. 24, 1959.

Front Cover: A post-card greeting, June 1959, from President Albion R. King, while engaged in historical research.

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 357<sup>9</sup> and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

*An International  
Discussion Group.*

# **Intercollegiate School of Alcohol Studies**

By R. David Alkire

**T**HE TENTH Intercollegiate School of Alcohol Studies, this year at McMaster University, Hamilton, Ontario, August 22 through the 27th, was outstanding, as the only summer school for college students that dealt with the alcohol problem.

It was unique, also, in its leadership, in the subject matter covered, in the high caliber of students attending, and its objectivity in approaching this emotional and controversial issue.

With moonlight beach parties, square dancing, swimming, and visiting the Canadian National Exhibition at Toronto, the school was also a vacation and recreational experience for most of those who attended. However, it had its extremely serious side which the students responded to, profited from, and contributed to. They listened intently to such men as Dr. Albion Roy King, Dr. Harry S. Warner, and others who have spent their lives studying, speaking, and writing on this subject.

Following the "Basic Information" lectures by Dr. King and Dr. David A. Stewart; and "The Scope of the Problem," by Dr. Wayne W. Womer, and "The World Problem of Alcohol" by Dr. John A. Linton, the students were led into study and discussion of techniques, rehabilitation and therapy by Dr. David A. Stewart, Dr. W. A. Woodruff, and Dr. Gordon Patrick who are working with alcohol addicts and other individuals seriously ill mentally. The whole school visited the Brown Memorial Clinic at Mimico, the Ontario Provincial prison, where they met and talked with penal alcoholics and other drug addicts who were being treated. This experience helped them to realize that once an indi-

vidual becomes involved in any type of addiction there is no easy way out, but endless repercussions.

Dr. Easwood Atwater, assistant dean of students at the University of Chicago, discussed the problems that develop on the college campus as a result of drinking. The school was given a view into the world aspects of the problem by Dr. John A. Linton, based on his recent tour and study of the present situation in Europe and his lectures across Canada and in the United States.

With his deep sense of good humor and optimism they enjoyed Dr. Wayne Womer's lectures on the past and present, and the new legal controls now needed. Continually through the week the school was brought to face the realities of the problem of today by J. Robert Regan, Jr., Dean of the school. His charm and good stories, his introductions, suggestions for critical thinking, and summarizations, gave the school added direction and purpose.

In the daily seminars, led by Charles Edwards, John Bryan, and myself, the students discussed unanswered questions, shared personal problems from their college, home, and community, and planned ways to integrate the knowledge gained into their lives through concrete programs.

This school, organized for undergraduate students and student leaders, reflected in its membership, a wide variety of beliefs, attitudes, and interest in the problem. Whether their background was one of moderate drinker, social drinker, or total abstainer; whether they were involved in any religious, political, or social program which is attempting to eliminate drinking from our society, they all seemed to enjoy each other's fellowship with respect for each other's opinion and position.

### **Moderation** (see page 49)

The perplexing question of moderation versus total abstinence often arises at these schools. For this reason the program included a lecture on each position. Chaplain Gordon Grimm, Willmar State Hospital, Minnesota, who is tremendously concerned about the problems that arise from uncontrolled and heavy drinking, and light drinking and driving,

took the position that people need to learn how to drink in moderation. He felt that if young people learn to drink with restraint, and if they are free to entertain their friends and serve drinks in their homes, they will not become involved in the freedom seeking, uncontrolled drinking that many young people exhibit today. He felt that man should be taught to be moderate and have freedom to take this position.

### **Abstinence: Basic Premises** (see also page 48)

Dr. King, who is professor of philosophy at Cornell College and author of **Basic Information on Alcohol**, gave three basic premises for the abstinence position. His first was that because of the reverse direction that alcohol has as an anaesthetic drug in the brain, first affecting man's higher brain centers, his checks and controls, it is impossible for the theory of moderation to work on a personal basis. He acknowledged that in a society where moderation is taught from early childhood, and the social pressure against over-indulgence is so strong that one disobeying will be ostracized, or kept hidden, they do succeed in following a code of moderation without too many repercussions. However, he pointed out, that these groups in our total society are rare, and that their children, when leaving this control group, often become problem drinkers. He said that some alcoholism has always been found in the studies made of these groups. He pointed out that these select groups are often used as examples of our total drink culture. As examples they become excuses to our uncontrolled groups. Thus they are the main force which justifies and keeps the drinking tradition alive as an almost uncombatible element in our culture.

His second promise was that man will be better equipped to think through and face tragedy if he has not learned to rely on alcohol to help him escape the everyday anxiety and tension which come from continuous small problems and trying situations.

### **Responsibility**

His third promise was that "we are our brother's keeper." If we drink, we lead others to drink. Some individuals, be-



cause of their personality make-up, don't dare take that first drink. If they do they will become problem drinkers or alcoholics. Since we have no way of telling how our friends, or anyone associating with us, are going to react to alcohol, if we accept the responsibility of being "our brother's keeper," our position will have to be that of abstinence. Dr. King summarized by saying that these were his conclusions, but each individual should study both positions before making up his own mind.

When Harry S. Warner, Albion R. King, and several others first visualized these schools in 1949, they had the conception of a scientific project for college students, free from propaganda, where an honest and tolerant atmosphere would prevail, and the objective method would dominate the direction and thinking of both leadership and students. They hoped that the school would bring forth basic information, educational programs, knowledge of workable control and therapeutic techniques from which all could profit.

The school, this year, in my opinion, has accomplished all of these goals. Its only weak point was the attendance, 46, including students and staff. But even this can be considered an asset. We all learned to know each other through study and play. The smallness of the group created a oneness, and an accepting fellowship which increased our inspiration to do something definite and positive about some phase of this great medical and social problem.

---

### **DR. STEWART DISCUSSED THIS IDEA**

The basic reason for early drinking was that we (alcoholics) were not satisfied with the way we felt in sobriety. We wanted to change the way we felt. We did not feel quite right without a drink. There was a growing sense of inadequacy. So we drank to feel better, to be ourselves as we longed to be. Feeling better enabled us to get along with other people, and to enjoy adventurous experiences that we were unable to find in sobriety.

*After crossing  
the line*

# The Nature of Addiction

David A. Stewart, Ph.D.

Condensed

A Lecture at the  
Intercollegiate School

**I**N THE EARLY STAGES, we drink for reasons different from the causes which govern addictive drinking. What are these aims, groping and perhaps unconscious, in the original drinking sessions?

Tritely, first of all, the drinker indulges just to feel better, he is better disposed towards others, and others, also drinking, are better disposed towards him. He drinks to be a good fellow, to be so regarded by others, and to get along better with people than he does ordinarily. Drink fascinates him because in this friendly attitude there is the prospect of high adventure, not to be known, he thinks, in sober living. So valuable does the experience of drinking become that it takes on the flavour of **religious feeling** in the illusion of fellowship, of accord with all that is exalted, of being himself as he fancies he ought to be.

After we discover that drinking cannot satisfactorily express our deep need for tenderness and for religious expression of feeling, we continue compulsively to drink. Most of us would stop drinking, after learning that intoxication does not fill our deepest need, were it not for the problem of addiction.

There are three important differences between the reasons why we (alcoholics) started drinking and the causes which govern addiction.

(a) Early drinking is symptomatic. It is a sign of our emotional needs—a craving for pleasant, friendly relations with other people, to feel better in order to enjoy these personal experiences, and to benefit from adventures we are

---

FOOTNOTE: Dr. David A. Stewart is a psychiatrist, counselor and research authority with the International Institute of Metropolitan Toronto, Ontario, and author of a new book, "Resist Not Evil." He was a lecturer at the Intercollegiate School, Waterloo College, Waterloo, Ont., in 1958.

afraid to try in sober behavior. On the other hand, in addiction all these experiences are either destroyed or spoiled.

The addicted drinker cannot honestly say that alcohol helps him to be friendly, to feel better, or to engage in productive adventure. Addiction illustrates **compulsive** behavior, a pattern of drinking that is followed with no regard for the early reasons for "having a few." Addiction is a disorder in its own right.

(b) Early drinking is an unfortunate response to deep natural needs. These needs themselves are quite natural and justifiable. The response to them in drinking is unfortunate to those of us who are potential problem drinkers, but what we were striving for is nothing to be ashamed of. Addictive drinking is sick drinking. It is sick because there is no rhyme nor reason in it, in the area of choiceful behavior. You have sometimes heard a sincere friend say, "I can't understand why I slipped. I really wanted to stay sober." This is tragically true. Your friend can't understand what happened because the slip was caused by factors which eluded his conscious control.

(c) In early drinking, there is the evidence of choice in the drinker's behavior. He can choose to drink only on weekends for enjoyment, he can choose to stay sober for important engagements, he can choose to spare his family and friends embarrassment. But in addictive drinking, choice is either destroyed or greatly impaired. A physiological sensitivity has taken over. With it, goes also a psychological deficit. Together, these factors govern the drinker's behavior in the addicted stage.

Once a drinker has become addicted, he can **never** return to the experiences of early drinking. This is not just a private opinion. It is the verdict of science.

The drinker crosses the line from early drinking to addictive drinking when he gives evidence of **loss of freedom**. Loss of freedom refers to evenings of mild indulgence as well as to "pass out" periods, because moderate sessions can never be planned with certainty. As often as not, a planned moderate session will end in a binge. So loss of freedom does not

mean that the problem drinker will get drunk every time he imbibes. It just means he can never be sure. His control is **unreliably relative**.

After loss of freedom, there are three factors to note in addiction:

(a) A physical sensitivity is now present in the drinker. One drink is enough to start a blood alcohol level that blindly urges the whole person—intelligence and all—to experience the feeling that a higher blood alcohol level will bring. The urge to drink more is often irresistible. Very often there is a self-perpetuating urge in this sensitivity inducing the drinker to drink more in the same way that a ball rolling down hill supplies its own natural momentum. There is no rhyme, no reason to such drinking. One just goes on and on.

(b) In early drinking, the drinker found that he could relieve his disturbances, and could use intoxication to behave in a way **opposite** to the way he would behave in sober life, because of his tensions or anxieties. For example, depressed in a sober state, he could feel high and happy, if drunk. Hostile in a sober state, he could become friendly if drunk. But in addiction, an intoxicated state usually only **worsens** his sober difficulties. If depressed when sober, he becomes more deeply depressed when drunk. If hostile when sober, he becomes more aggressive, even violent, when drunk. And if elated when sober, he becomes expansive and sentimental when drunk, but in a way he usually regrets, when events are recalled in the hangover.

(c) In addiction, the drinker becomes socially dislocated. When he started drinking, years before, alcohol served as a socializer, enabling him to mix "well" with other people. But, addicted, he screens himself out of the circle of his friends, until finally he can get along with no one—not even himself.

We have examined the reasons for early drinking and we have illustrated the causes of addiction. These causes grow increasingly worse until they take the form of anxiety, depression and elation. Our physical sensitivity we simply must accept, safe in the knowledge that it cannot disturb or upset us so long as we don't drink.

## THE BEST OUTLINE OF INFORMATION

### For Discussion—Study Groups

**B**ASIC INFORMATION ON ALCOHOL," by Dr. Albion Roy King, professor of Philosophy at Cornell College, author of "The Psychology of Drunkenness," is just what its title indicates—a publication that puts into one convenient and attractive volume, the fundamental information now available about the problems of alcoholic drink in human living.

It is scientific, objective and fair as factual truth can be fair, and strictly down to date in the scientific knowledge presented and the scientific attitude it exemplify.

Said the Quarterly Journal of Alcohol Studies, of the Yale Center of Alcohol Studies: "It is the most scholarly and factual exposition of knowledge about alcohol ever published by an adherent of abstinence."

Note these chapter heads:

Case Studies

Alcohol and Experimentation

Why Men Drink

Effects of Alcohol in the Body

Stages of Intoxication

Alcohol and Skilled Performance

Alcohol and Sex

Alcohol and Artistic Inspiration

Characteristics of Alcoholics

A Disease of the Soul

Help for Those in Trouble

Alcohol is a Moral Problem

Moderation as an Ethical Principle

Abstinence as a Wiser Way

Popular Edition \$1.50

THE INTERCOLLEGIATE ASSOCIATION

12 N. Third St.

Columbus 15, Ohio

# Divergent Cultures In the Tradition

By Harry S. Warner, L.H.D.

A Lecture at the  
Intercollegiate School

Today, according to a Gallup Survey of 1958, 45% of the adults in the United States are non-drinkers, 55% are drinkers of alcoholic beverages.

**T**HE "ALCOHOL PROBLEM?" "Problems of Alcohol?" What do we mean by these questions? Or do we know what we mean and have we a concern to know? What does "drink" mean in our social and national life and how did it come to mean what it does?

For it is one question if that meaning concerns "just a little too much"—or personal excess—but a much deeper understanding when the problem as a whole is in question.

How far have we gone when we—and the public—study the specifics—"the Alcoholic," "alcoholism," "the illness called alcoholism," "temperance," "moderation," "abstinence," "euphoria," "this tranquilizing drug," "this good thing of life," "this curse of drunkenness"—questions that each mature adult decides for himself. Does he? "Where do the serious questions arise? Or do they?" "What are the sequences in the life of the family, community, and nation?"

Or, the unanswered challenge, "Is alcoholism a sickness or a sin? a cause or consequence? Why concern ourselves with it anyhow? And who do?"

## Age-Old Cult in Modern Culture

It should be made clear that this problem—or set of problems—has perplexed human living ever since the childhood of civilization. It is **age-old**, yet super-modern, sorely controverted, an occasion of endless questioning, of continuous

---

FOOTNOTE: Dr. Harry S. Warner is General Secretary of the Intercollegiate Association and Editor of *The International Student*. This address was given on the closing day of the INTERCOLLEGIATE SCHOOL of Alcohol Studies, at McMaster University, Hamilton Ontario, August 28, 1959.



scientific research, unlimited rough experience and **present-day indecision.**

In this School we face it frankly, objectively, seriously as it is found all around us. It is deep in much of the culture in which we are living—in North America, to which the immigrants from every country of Europe, as they came to this continent for 300 years, and since, have added a share to the present cult of alcoholic pleasure and drunkenness.

This tradition of the ages would need no particular attention if it were merely a question of customs and the euophoria and release that alcohol gives as a "pleasure drug." In a democratic society it would be a matter for the individual and his social group alone.

But basically and always, wherever the use of alcohol prevails extensively, today and through past ages, there are consequences so serious to human living, that **they equal or out-weigh** the destructive effects of all the forms of war that have ever existed in the past. And the reactions of people to these consequences are as complex and contradictory as are those related to war.

### **Ambivalence in the Custom**

From the primitive years of tribal life in the forests there have been divergent reactions to the use of alcohol. It has been both accepted and rejected. Ancient tribes, preparing for a day and night of drinking, would require part of the tribe to remain sober to protect the party against rival tribes. Observance of frequent drunken helplessness led to the growth of ethical and religious criticism of the state of intoxication as in itself immoral. "The Nectar of the Gods" became a "Work of the Devil."

It was very early observed that its use has a conflicting and divergent appeal: euphorea and release that often led to heavy drinking, then the compulsion of addiction.

### **Two-Way Satisfaction**

This appeal to resulting and conflicting satisfactions, deeply set in drinking culture, is explained by Dr. Abraham Meyerson, Harvard sociologist and medical expert, as follows:

"Alcohol is the drug that is used to enhance fellowship and evince gaiety, celebration and ceremony. To class it simply as a drug of escape and oblivion, is to express only one phase of its psychological use. The other phase—celebration and ceremony—should be understood. The whole attitude of society is decidedly ambivalent.

"On the one hand, it (the social structure) extols and builds up its manufacture and sale into a major industry exerting great propaganda power, encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration, and good fellowship, as well as extolling the capacity to drink as a measure of virility and organic worthiness.

"On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol and yet it builds up laws and societies which have for their aim, either the lessening or the abolition of drinking.

Society as a whole both wants alcohol and rejects it. This characteristic is outstanding in early and modern culture. It occurs even in drinking groups, when conduct goes beyond the accepted standard of that group.

"There are no such **mixed attitudes** toward the use of any other drug, so far as western civilization is concerned.

### Disturbed Personalities in the Culture

Recent scientific research makes it clear that people of unstable personality are the first to become heavy or compulsive drinkers. They include the nervously disturbed, the emotionally disordered, the neurotic, the immature, children from broken homes—youths whose parents have been cruel, overly possessive, and dictatorial. From this source come 40% or more of our 5,500,000 alcoholics and many excessive drinkers as well.

But it must not be overlooked that anyone, however free from personality defects, may become an alcoholic. Regular, heavy and continuous drinking often leads to this condition. Dr. E. M. Jellinek, recently with the WORLD HEALTH ORGANIZATION, has estimated up to 60% of our 5,500,000 American alcoholics reached this stage mainly out of ordinary social drinking.

There are distressed personalities in the non-drinking culture, of course. But they do not—cannot—become alcoholics until alcohol has **been added** to their neurosis. A disturbed person who never drinks will remain a disturbed person. Only when he accepts drink, in effect, joins the alcohol cult,

can he become an alcoholic. It is absurd to call anyone an "alcoholic" who never took a drink of alcohol.

The active factor that adds alcoholism to his neurosis, too often comes from his cultural environment. As stated by Dr. John Dollard, anthropologist of Yale, "there must be a social and cultural situation which provides occasion and some degree of permission before a neurotic can even begin the process of becoming an alcoholic."

### **Basic Divergent Trends**

For many ages, but particularly in the past two hundred years, two very different trends in culture, have been existing, side by side, in North America and Western Europe.

First, the cult that FULLY ACCEPTS the drink traditions of the past, naturally and without critical attention. Here pleasure, prestige, and profit motives are dominant; unfortunate consequences are minimized or ignored.

Second, the cult that SERIOUSLY QUESTIONS alcoholic satisfactions as dangerous to persons and socially deteriorating. This is the trend that seeks abstinence, declines drink culture as a disorderly way of life.

### **The Non-drinking Culture**

Through the ages, the non-drinking culture, usually in the minority, is present wherever drink has prevailed, in the past and at present. Two hundred years ago almost all adults used liquor, on rare occasions or oftener; now nearly one half seldom, or never do.

For 150 years in the United States, Canada, Great Britain, the Scandinavian and Germanic countries and elsewhere, non-alcoholic culture grew in social influence and personal practice. The number of those who discarded alcohol reached a peak from 1910 to 1932. Social disapproval was at its highest about 1925. After that a reaction toward wider drinking occurred in the United States, Canada, and in Great Britain. This change coincided closely with the depression of the late twenties and early thirties.

At present, the non-drinking cult is a substantial and continuous part of American culture. The Yale Center of Alcohol Studies reports that 65% of adults drink and 35% abstain.

The Gallop Polls make it 55% to 45%. The "College and Drink" survey of 17,000 students in 1953 reported that 74% used alcohol "to some extent" and 26% were wholly abstinent. But this 74% included those who had taken as few as two or three drinks a year, doubtless with some questioning or protest.

Thus broadly, and permanently, the culture of today may be regarded as one-third or more non-alcoholic, two-thirds alcoholic.

### Is There a Better Classification

But is this division in the United States as accurate as it can be? Is it realistic? Another classification differing somewhat may be made from the same statistics and over-all facts, as follows:

1. The majority section of society accepts fully, enjoys and supports the drinking custom: here, drink is important—socially, and economically. This classification includes steady, social, heavy and compulsive users, all who are interested economically, directly and indirectly in the industry, and those who by prestige and social influence approve the satisfactions to be gained from alcohol. It includes most of the 65% classed as "drinkers" in the Yale surveys. Most of them may be counted on to give positive support to the drink cult as it is, without regard to its questionable aspects. **But not all.**

2. The 35% to 45%, a very substantial and persistent minority, reject the drug alcohol as a popular beverage. They regard it as injurious to persons and dangerous in the community. This clear-cut section is found, in varying percentages, parallel to the drinking section wherever drinking is found.

3. But there are many among the so-classified "drinkers" who seriously question alcohol:

- (a) Those who on rare occasions accept small amounts for ceremonial, celebration or religious purposes, yet are deeply concerned about the dangers in the custom, and the personal habit. To most of them their own drinking is very **unimportant.**

(Continued on page 58)

# **Abstinence: Basic Premises**

Dr. Albion Roy King

(See page 37)

From a lecture  
at the School

## **Quotes**

"Although two beers may be considered moderate, most people find that this is not enough to meet the need," the psychological need. Dr. King concludes that there is no place in North American Society for moderation, because of social pressure and environment.

---

Alcoholism is not a disease in the usual sense of the word, in the opinion of Dr. King. He said:

"A disease is an uncontrollable ailment. It afflicts a person regardless of the person's actions. But alcoholism is brought on by voluntary and deliberate acts of the drinker.

"Treatment, however, is needed to deal with it . . . such as with sickness. It can never be cured, but it can be arrested."

---

Interpreting the frequent use of the words "disease" and "allergy" by drinkers and some A.A.'s as an attempt to remove some of the social stigma which might otherwise be associated with alcoholism, Dr. Wayne W. Womer, said:

"They feel it puts alcoholism on the same basis as polio and cancer . . . against which the victim has no defense. It is an attempt to remove some of the moral connotations involved. There is nothing wrong in this. If an alcoholic derives peace of mind from referring to his problem as a disease no issue should be made of it."

# Moderation: Basic Concepts

Gordon Grimm, Chaplain

Condensed

a Lecture at the  
Intercollegiate School

**T**HE IMPORTANCE of sound alcohol education cannot be overemphasized. It is not sufficient to give a little information and let it go at that. This has been done at times simply by stating that the Bible condemns drunkenness but that moderation is alright. This is a generalization that needs much qualification. Some of the subject matter used in the past has not been factual or has contained half truths and even untruths. Often the effort has been to make a decision for people, instead of equipping them to make the decision. This is a violation of personality.

For many people the mention of beverage alcohol automatically sets off a built-in alarm system which flashes in big red letters, "evil," "drunkenness," "crime," "divorce," "accidents," "death." This emotional reaction makes it impossible for them to give objective consideration to those parts of a discussion with which they are themselves in full agreement.

## Each To Decide For Himself

The position I take is not "for drinking," or "for moderation," or "for abstinence." It is recognition and acceptance of the fact that each individual has the responsibility and right to make a decision in regard to the use or non-use of beverage alcohol. Neither of the two is necessarily the "best" or "right" decision; neither is a virtue in and by itself. People can have "good" and "bad," right and wrong, wholesome and unwholesome reasons for either abstinence or moderation. This statement makes it clear that our consideration will be centered in morality.

---

FOOTNOTE: As Chaplain at the Minnesota State Hospital, Willmar, Minnesota. Gordon Grimm is counselor and psychiatrist for alcoholic patients. He is also associated with The Lutheran Welfare Society of Minnesota in alcohol education and welfare service.



Although we allow room for moderation, we are going to give it a very limited definition. There will be no support for oversimplifications and generalizations such as: (1) The answer to the drinking question is moderation; (2) as long as the drinking is moderate it is alright for any person to drink; (3) moderation is a better way of dealing with the problem than abstinence. The question is not of moderation "over against" abstinence or *visa versa*, as in some kind of warfare, but rather one of "together with."

It is hoped that what is said will bear the marks of validity while raising questions about the extreme "wet" and "dry" positions.

The statement that he who abstains will never be picked up for drunken driving, never have a car accident because of drinking, never do those things he wouldn't ordinarily do if he weren't intoxicated, never become an alcoholic, cannot be disputed. But this can be said also of many people who do drink. It is the logic that is to be questioned.

Important is the question, "What is alcohol and what effects does it have?" Alcohol is a food, but a very poor food; a medicine but not a very good medicine. On occasion doctors suggest moderate amounts of wine, beer, or whisky; but sometimes this advice is ill advised. Paul suggested that Timothy take a little wine for his stomach. Any significant medicinal effect of alcohol can generally be obtained today through better medicines. Primarily alcohol is a sedative, a progressive nervous system depressant. It effects first that part of the brain which is the center of feelings, judgment, restraint. Herein lies the real danger in drinking beverage alcohol.

However, alcohol that does not get into the blood is not physiologically in the body. That is, only alcohol that is in the blood has a sedative effect. It is known what effects different percentages in the blood have on the individual, but it cannot be stated categorically how much at any time under any circumstance a person has to drink to get a certain percentage of blood alcohol.

Drs. Jellinek and Haggard in "Alcohol Explored" have

this to say: "For a man of average size, the figure .05% of alcohol in the blood is rarely exceeded by two moderate high balls, two cocktails, or a quart or more of beer on an empty stomach or double these quantities after a meal." The food in the stomach absorbs some of the alcohol, preventing it from getting into the blood. The reason they qualified the statement with the words "rarely exceeded" is because alcohol has different effects on people at different times. Factors which determine this are: physiological, psychological, environment, food in the stomach, learning or experience, motivation, amount of alcohol in the drink, the length of time during which the alcohol is drunk, and the weight of the drinker. Some alcohol is absorbed in the stomach and eliminated in the breath and urine.

### **Small Amounts Not Toxic**

It is possible to drink moderate amounts without having sufficient alcohol get into the blood for significant sedative effect. In other words it is possible to drink beverage alcohol as a beverage.

The fact is, though, that .05% (five hundredths of one percent) of alcohol in the blood will have noticeable effect on the uppermost part of the brain; .10% effects the lower brain motor area; thus there is a slight staggering and poor coordination; .15% is usually considered legal intoxication. Realizing the amount of alcohol that has to be drunk to produce this percentage, there is every reason to encourage and support legislation that will reduce it to .05% for legal intoxication, and have the law geared to moderate drinking. .2% or about one pint produces excessive staggering; .3% is stupor; .4% coma; .6%-.7% death. Since it takes .6% to .7% blood alcohol to directly harm bodily tissue it is not true that all drinking harms the body. There can, however, be physical damage through prolonged excessive drinking.

Approaching the question now from the moral viewpoint let us look at what we find in the Scriptures.

### **Scriptures Offer Standards**

Wine was the common alcoholic beverage in Biblical times.

It was considered a gift of God by the Psalmist; "wine to gladden the heart of man" is among the blessings for which the psalmist praises God. In Ecclesiastes, we read, "drink your wine with a merry heart." Christ, Himself, drank wine. When He said, "The Son of Man has come eating and drinking, you say, behold a glutton and a drunkard." He was not denying that He drank wine, but rather that because He drank wine they called Him a drunkard. In performing His first miracle Christ sanctioned the use of wine at a marriage. When people say that the wine referred to wasn't real wine, they not only ignore the real meaning of the text, but also the impossibility of keeping grape juice from fermenting, without refrigeration, in the climate in which the Jews were living.

In Scripture there are some very clear, strong statements of condemnation against drinking. Typical of these are "Woe unto those who rise early in the morning, that they may run after strong drink, who tarry late into the evening till wine inflame them;" "Woe to those who are heroes at drinking wine and valiant men in mixing strong drinks;" "Wine is a mocker, strong drink a brawler; and whoever erreth thereby is not wise." First Corinthians lists drunkards with a large group who shall not "inherit the Kingdom of God." Kept within their context all of these passages deal with excessive drinking.

This is strong condemnation of drunkenness but beverage alcohol is not branded as "evil" and drinking as "inherently sinful."

From the moral viewpoint, the consideration of moderation begins with the conviction that beverage alcohol is a gift of God and that moderate use is permissible. The basic question then becomes, "What is moderation?" The common meanings are: freedom from excess, observing reasonable limits, limitation of quantity. This is what most people think is moderation in drinking. But neither abstinence nor moderation, in terms of amount drunk, are virtues.

### **To Define Moderation**

In order to clearly define moderation, I would like to sug-

gest five basic reasons for drinking:

(1) Religious. This reason is seen best in the Jewish use of wine in their religious life, and by Roman Catholics and some Protestants in the Sacrament of Holy Communion. It isn't the small amount alone that makes this moderation but the context in which and the reason for which the alcoholic beverage is drunk.

(2) Social drinking such as that done and approved in the Biblical record of the Wedding of Cana where people drank in moderate amount in a social setting. This is moderation, not because of the moderate amounts, but because of the context in which the drinking was done; it was used as is tea or coffee. No one depends on alcohol or seeks violent effects. This, for instance, is a description of the drinking of many who take a glass of beer as a refreshment; beer, wine or a cocktail before a meal. People who drink for this reason, do not put pressures on others to have them drink, or to have them feel accepted, or to maintain status within the group. Where there is such drinking, which in my definition is moderation, a person feels free to say, "No, thank you" without feeling left out.

(3) Rebellious drinking, to express hostility towards authorities—parents, for instance, who have been very authoritarian. Whether this is excessive, and many times it is, or moderate in amount, such drinking is not moderation because it is a wrong and inadequate way to deal with hostility.

(4) Superficial drinking, "to belong to the group," "popular thing to do," "evidence of distinction," "acquire and maintain status," "smart," "sign of being grown up," "business." Although drinking is commonly done for these reasons the beverage ultimately has nothing to do with any of them. It is not the measuring stick of personal status, dignity, or intelligence, nor is it an absolute business requirement. That's why I call it superficial. Commonly it is considered "social drinking."

In such drinking a false and low mark is placed on human worth and dignity. Acceptance reveals an inadequate concept

of self in those who participate, a functioning as something less than a person. Even though the drinking is moderate, according to our definition, it is not moderation; the context in which it occurs and the reason for drinking are wrong and unwholesome.

(5) Violent drinking, seeking the effect of alcohol to get drunk, or to relieve tense, anxious, uneasy feelings caused by feelings of inferiority, inadequacy, loneliness, guilt. This is running away from self and reality; it is using alcohol as a sedative instead of a beverage.

These last two contexts for drinking are extremely prominent in our society. We hear about drinking "to belong to the group," "everybody does it," "mark of distinction," "gives social status," "sign of being grown up," etc. This drinking is so prevalent that most of the liquor advertising is directed to these motives.

But we are also very familiar with the words, "shot," "beer blast," "hang one on," "slug." Father Ford, a prominent Roman Catholic who has made an outstanding contribution to this subject, points out that these terms are violent terms. They show that many people are seeking violent effects from alcohol. Although this kind of drinking is prevalent in our society it would be risky for the liquor industry to appeal to such reasons in their advertising. They concentrate on the more acceptable, superficial reasons that so many people have for drinking.

The prominence of these contexts for using beverage alcohol is significant. There is no question that many are misusing the gift of beverage alcohol. This means that there is added danger for many just drifting into drinking. It is easy for people to have their drinking in these contexts without being fully aware of their real motivation or of the potential danger there is in such drinking.

When we put all this together there seems to be every good reason for young people not to drink while they are maturing. Teenagers will be wise to delay decision until they have reached adulthood, until they know their real selves better. With factual information on beverage alcohol they

will be better equipped to make this important decision. They should recognize the fact that most teenagers who drink, do so for the superficial or violent reasons. Usually the people after whom they are patterning their drinking are people who have grown older but never really matured as adults.

A 1959

publication

## **"DRINKING AND INTOXICATION"**

Edited by Raymond G. McCarthy

An Encyclopedia  
in itself.

A Review

**W**ITH ITS SUB-TITLE, "Selected Readings in Social Attitudes and Controls" as explanation this new book by Dr. Raymond G. McCarthy, DRINKING AND INTOXICATION, is, indeed, an encyclopedia of the latest knowledge, historical and scientific, of the beverage alcohol tradition and the problems it brings into the life of today.

It offers to the student reader and all who are concerned a mass of knowledge, sociological and selected, concerning the phenomena or culture, of alcoholic "drinking," and of attitudes that have prevailed toward the practice through past ages, in the between years and particularly today. It gives also much of the basic scientific knowledge that has come from recent research and practical experience. It has been compiled by Dr. McCarthy from the writing of 59 specialists into one convenient volume of 453 pages.

In organization the book is of particular interest—each of the fifty-nine having written not only from the background of his field as an expert, objectively or as a promoter, as an advocate, or as a propagandist. Thus the reader is given an opportunity to form his own opinion of the content by taking into account the period and circumstances of each writing.

It is a remarkable book, not only for this reason but also because of the range of its coverage of "drinking" and its manifestation, in ancient times and modern, wherever the culture of alcohol has been and now is, or has, prevailed.

November, 1959

55



Its chief value is that so much rich material is thus made readily available to the critical minded student, and those with a view to the future. For example, note the following headlines:

"Our Drinking Heritage," from "The Classical World," the "Non-classical Peoples," European, and Near-eastern; the heritage of "South and Central America," the "Far East," drinking and its control, past and today, in France, England, Canada, and more fully "Drinking Practices in the United States" and in a sample state, in high schools, colleges; our "Motivational Patterns" as of today; "Psychocultural Analysis of the Alcoholics," "Personality and Social Factors" and many more expressing the various understandings and attitudes concerning "drinking and intoxication."

The most significant aspect of the book, perhaps, is that most of the writers recognize realistically the tradition of drinking in the culture of today and the coordination of drink customs with the serious social, as well as personal, complications and consequences that are found wherever the cult of alcohol is generally accepted; that there have been from primitive days both tragic excesses and social disorders causing great public concern. Also, that these disorders, through the ages, have not alone been charged to the immaturity or emotional disturbances of the individual. Drinking itself has always been recognized as a basic source of alcohol problems. In this respect the overall effect of reading this book stands out in marked contrast with most of the recent books that deal with alcoholism.

But while the book as a whole is thus realistic, and its writers trace the tradition of alcoholic pleasure from its primitive sources to the strong position that drinking holds in the culture of today, due recognition does not seem to be given to the parallel non-drinking culture that has come down from the drinking bouts of savage days into the same culture of today. Several writers minimize or overlook the significance of these historical facts — that there has always been a substantial divergence from the drinking cult, and in particular a sharp and increasing divergence in the past two

centuries. It has been much more widespread and deep than is suggested by the words "temperance," "abstinence," and "prohibition," significant as these may be.

This split from tradition is marked by serious questioning attitudes regarding the unlimited distribution and use of the drug alcohol for pleasure and escapism purposes. It has resulted in a situation in which the thinking and practice of at least a third of our present-day people in the United States is definitely non-alcoholic. In addition there should now be included many whose use is so rare or limited as to be of no particular importance.

Consequently, it is not enough, in a book of typical readings such as "Drinking and Intoxication" is, to give limited meanings to the positive aspects of the anti-alcohol questioning of the past century. For these aspects are much more fundamental than any fight between "wets" and "drys". The temperance movement—and others associated with it—cannot be understood merely as a reform promoted by extremists. It has been far too basic to be thus characterized. The writers who deal with this aspect are superficial. They fail to see the basic motivation back of the movement. In their commendable efforts to point out failures and too-emotional propaganda, they have minimized, even mis-judged a really tremendous movement. For the anti-liquor movement in Europe and North America has been far more than an emotional crusade to "save the childrens' shoes" from the saloon-keeper.

The historical information relating to legal restrictions and efforts to control and prohibit are reasonably well outlined. But the activating purposes of these efforts, reduction of drunkenness and alcoholism, as understood at the time, was no less an effort to prevent and relieve drunkenness than is the present movement to understand and rehabilitate the alcoholic.

Yet this comprehensive new book is nevertheless a source of very great value for study, research and the estimation of procedures for the future. Its all-over approach, its recog-

nition of the dominant social forces in drinking and the supporting data given its discussion of alcoholism as a sickness, a problem of public health, are far more realistic than most of that flood of recent books that "put it up" almost alone to the man of disordered emotions, and at the same time ignore the quiet, suggestive, all-powerful influence of social custom to either continue, restrain, or increase excess—to abstain, or control or "do something," to restrain, at the beginning those who are susceptible, or may become so, from later alcoholism.

Every college library should have this book at once.

Published by the Yale Center of Alcohol Studies, 55 Hillhouse Ave., New Haven, Conn., price \$7.50.

### DIVERGENT CULTURES IN THE TRADITION

(Continued from page 47)

(b) Men and women who have had **SERIOUS PERSONAL EXPERIENCE** with excesses and have rejected it for themselves—recovered heavy drinkers, the great body of A.A.'s. Here alcohol is seriously, often desperately important, yet chiefly as a personal question.

(c) The real "moderates" who impose severe social restraint, support legal control, and seek to reduce excess. Some of them are ready to set aside their own use if and when to do so will aid youth or the community. To them, not drink but **responsibility for it, is important.**

### Enlarged Source for New Advance

Within these groups lies a new opportunity to enlarge constructive service and to instil a sense of democratic responsibility to render service. With **cooperation from them**, based on recent scientific and practical knowledge, a new advance in practical, tested steps, toward **ultimate solution** should now be expected.

One-third of our total population is fully alcoholic; one third non-alcoholic; another third questions the cult even while participating in it.

The problem today is mainly a social problem, because of its social consequences. Neither personal abstinence alone nor

rehabilitation of the alcoholic alone nor rehabilitation of the alcoholic alone can solve it; both are factors in a more fundamental change to a sense of DEMOCRATIC RESPONSIBILITY that is necessary in the larger advance toward solution that must now be made.

*"Task of the entire  
community to devise solution"*

## Release from Reality

by Joanne Bevus

A Student  
Writer

Teachers College of  
Connecticut, New  
Britain, Conn.

**P**ERHAPS, CLAPP'S STATEMENT that humans drink to feel better is the key to our understanding of the alcoholic and others who depend on certain drugs.<sup>1</sup> Living in a world of financial, marital, scholastic, or health problems, persons discover that there is a possible escape from this all too-real existence. They are able, at least for a short while, to journey to a utopia where pain and worry are absent, and self-appraisal is at its highest. Consuming regular quantities of alcohol, tranquilizers, and other drugs is the means by which these people attain their freedom. Their reason is that they feel better in this other world where all unpleasantness disappears. It is only natural to motivate one's behavior to avoid displeasure. "In the soul of man there slumbers a yearning for happiness, there lives the wish to forget the reverses and disappointments of the struggle of life, for a short while at least."<sup>2</sup>

A study, carried on by Robert Strauss and Selden D. Bacon, encompassed twenty-seven colleges selected to represent different types: public, private, and sectarian institutions; co-educational, men's, and women's; white and negro; urban and rural; with large and small enrollments; and in different regions of the country. From pretest responses to an open question, it was found that the four chief reasons which the students gave to explain their drinking were: en-

joyment of taste, compliance with custom, feeling of gayness, and relief from fatigue.<sup>3</sup> However, it is possible that all these reasons may have been offered as merely rational explanations.

Seven per cent of the college girls who replied to the questionnaire indicated that they used some type of alcoholic beverage due to menstrual pain.<sup>4</sup> Since alcohol is a mild anesthetic, it may provide genuine temporary relief in connection with certain physical discomforts.

Although the number of alcoholics and drug addicts is very high in our country at the present time, there are many persons who are able to solve their problems in a more desirable fashion. Thus, the psychiatric aspect is an important part of this problem. A prominent physician, Dr. Leonard Weil, president of the Dade County Academy of General Practice, claims, "A lot of emotional problems are thrown back to the family physician; he turns to tranquilizers which he might not use if he had more time."<sup>5</sup> This is true since only a small number of persons are able to get the psychiatric help which they need. The physician is aware that if he does not give tranquilizers to his patient, someone else will.

Harry Overstreet also speaks of the need for more mental hygiene or guidance clinics. Claiming that bad persons are really only immature persons, he believes that human misbehaviors are immature ways of solving problems that should be solved in ways that are mature.<sup>6</sup> Since there are an increasing number of persons in this nation who are using alcohol and drugs as temporary solutions to their problems, Overstreet would say that few people in our culture are reaching full maturity.

Besides the theory of increasing psychiatric problems, I feel that another reason for the rise of the number of persons who depend on alcohol and drugs is the impersonality of urban life. In smaller communities the drunkard was formerly ostracized from the local society, and discussions concerning users of drugs were usually accompanied by shock and disgust. Today, people living in larger cities have greater

freedom; they are no longer under the jurisdiction of the local gossip.

The two means of controlling drinking are conscience and social system.<sup>7</sup> Taboos on drinking are different in the different classes. This also helps to explain why some persons may find refuge in alcohol more easily than others. Drinking is not a moral issue in the upper classes. Fighting is taboo; aggressive behavior is highly penalized. Lower-middle persons value the traits of respectability which differentiate them from the lower group. They emphasize this by rejecting the customs found in lower classes. Because they have not been trained to exercise the control of aggression that is demanded of those at the top, lower-class persons usually become openly aggressive when drinking.

An alcoholic is able to obtain temporary freedom because it has been said that, "the super ego or conscience dissolves in alcohol."<sup>8</sup> This is the reason for the uninhibited behavior of many drinkers. The super ego reappears as the alcohol is burned up, and the alcoholic is likely to suffer more pangs of conscience than others who commit the same acts. Because their relief is experienced for so short a time, many alcoholics attempt to change their methods of adjustment. One of the greatest helps to the reforming alcoholic is Alcoholics Anonymous or the A.A. The only requirement for A.A. membership is the desire to stop drinking. One of the co-founders of Alcoholics Anonymous stated, "Anonymity is the spiritual foundation of our tradition, ever reminding us to place principles before personalities."<sup>9</sup> There are many such foundations throughout the country. My hometown, Torrington, Connecticut, is not a very large city, but I found that there was a local A.A. listed in the telephone directory.

Alcohol and tranquilizers are not good for the body, but a combination of these two has even more harmful results. Three University of California researchers gave their subjects whiskey to be taken with tranquilizers. By blood tests the experimenters discovered that the drug had not only increased the effect of the alcohol, but had actually boosted



the amount circulating in the blood and in the brain, and had altered the chemical processes by which the body breaks down alcohol.<sup>10</sup>

It is the task of the entire society to devise a solution which would enable the maladjusted alcoholics and drug users to face the problems of life more successfully. Punishment is not the means; it must be a constructive process. It must be a process which will build thousands of good citizens, not one which will destroy those who are risky potentials.

---

<sup>1</sup>Clapp, Charles, Jr., *Drinking's Not the Problem*, Thomas Y. Crowell Co., New York.

<sup>2</sup>Hesse, Erich, M.D., *Narcotics and Drug Addiction*, Philosophical Library, Inc., New York, N.Y., 1946.

<sup>3</sup>Strauss, Robert, and Bacon, Selden D., *Drinking in College*, New Haven, Yale University Press, 1953.

<sup>4</sup>Ibid.

<sup>5</sup>"Happiness by Prescription," *Time*, March 11, 1957.

<sup>6</sup>Overstreet, H. A., *The Mature Mind*, W. W. Norton and Co., Inc., New York, 1949.

<sup>7</sup>Alcohol, *Science, and Society*, Yale School Lectures, Journal of Studies on Alcohol, Inc., 1946.

<sup>8</sup>Lovell, Harold, W., M.D., *Hope and Help for the Alcoholic*, Doubleday and Co., Inc., Garden City, N.Y., 1951.

<sup>9</sup>*Twelve Steps and Twelve Traditions*, Anonymous, Harper and Bros., New York, 1953.

<sup>10</sup>"Miltown? No Martinis!," *Time*, June 3, 1957.

## Number of Drinking Adults Declines

### Reports the "Gallup Polls"

From the American Institute  
of Public Opinion.

**T**HE DECLINE in the proportion of United States adults who drink alcoholic beverages, that has been in evidence since the end of World War II, continued through the year 1958.

This is the conclusion that "highlights" the recent report of the Institute, which takes "an audit" of drinkers and abstainers annually. The report says:

There are approximately 56,900,000 persons in the country today who use alcoholic beverages—beer, wine or liquor. A year ago, the number who drank was 59,700,000—or a de-

cline from 58 per cent to 55 per cent today.

The increase in the number of abstainers is due primarily to a change in the drinking habits of women. Whereas the proportion of men who drink remains the same, the proportion of women drinkers has now dropped below the 50 per cent mark.

### Younger Drinkers

By age groups, a decline has taken place principally among younger adults. The younger group, however, still has a proportionately higher number of drinkers than there is among older persons.

The audit found an increase in the proportion of drinkers in one segment of the population — among college-trained persons.

Since 1945, the Institute has periodically "enumerated" the proportion of the nation's adults who are users of intoxicating beverages.

In the 1945 survey, conducted shortly after the cessation of World War II hostilities, an all-time high of 67 percent reported they drank. The same proportion was found in 1946.

### Record of Decline

Since that time, the figure has turned progressively downward as follows:

	Drinkers	Abstainers
1945 .....	67%	33%
1946 .....	67	33
1947 .....	63	37
1949 .....	58	42
1950 .....	60	40
1951 .....	59	41
1952 .....	60	40
1956 .....	60	40
1957 .....	58	42
1958 .....	55	45

"The social drinkers are a greater menace than commonly believed, as their critical judgment is impaired with a fairly low alcohol concentration and they outnumber the obviously intoxicated drivers. Drinking to any extent reduces the ability of any driver."

—National Safety Council.

# Intercollegiate School of Alcohol Studies

AUGUST 20-25, 1960

McMaster University, Hamilton, Ontario

---

## THE INTERCOLLEGIATE ASSOCIATION

For Study of the Alcohol Problem

Purposes of the Association and the School:

To encourage study and discussion of the Alcohol Problems of Today.

To recognize and emphasize a scientific, objective — yet realistic — approach to, and basis of, this and related problems in human living.

To give attention to those aspects in which the thinking, experience, and personal and social attitudes of college students and younger people are most interested.

---

## The ROBERTS EDITORIAL AWARDS of 1959-60.

\$2,000 in Cash and Scholarships

Theme: Problems of Legal Control: Are Present Laws Adequate?

---

## A PACKET OF STUDY MATERIAL

"Basic Information on Alcohol," by Albion Roy King, Ph.D.; latest scientific and educational information .....	\$1.50
"A Modern Approach to the Alcohol Problem," by Harry S. Warner, L.H.D., an all-over view .....	.20
"The iLquor Cult and Its Culture," by Harry S. Warner; a background to the "Modern Approach" .....	1.35
"Alcoholic Release and Public Safety," Warner .....	.20
"Life Story of an Alcoholic," by an A.A. ....	.20
"The International Student," 1 year .....	1.50
<b>TOTAL .....</b>	<b>\$4.95</b>
<b>Packet Price: \$3.50</b>	

The Intercollegiate Association

12 N. Third St.

Columbus 15, Ohio

THE  
INTERNATIONAL

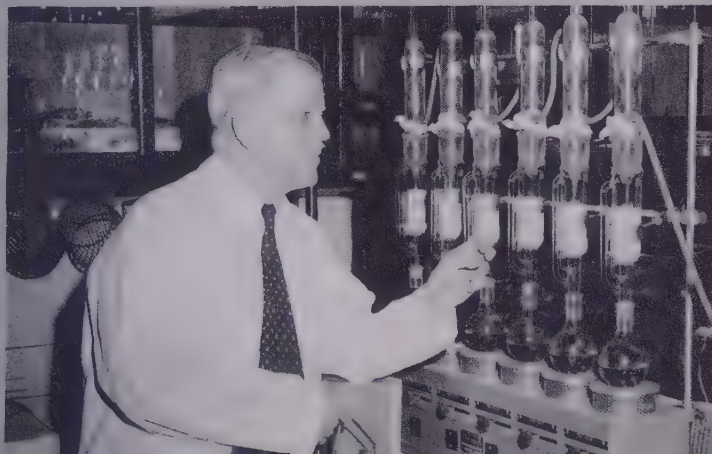
# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

Toward Effective Education .....	67
Is Alcohol the Cause? .....	69
Effects Center in the Brain .....	74
This is Man: a Captive .....	75
Public Interest Growing .....	77
College Seminar Program .....	80

Dr. Andrew C. Ivy, College of Medicine,  
University of Illinois, Chicago  
(See page 69)



# THE INTERNATIONAL STUDENT

EDITED FOR THOSE WHO THINK—or  
*Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

February 1960

Vol. 57, No. 3

## Purposes and Approach Of The International Student

- To promote study and discussion of the alcohol situation and problems by college students, teachers, and younger alumni in an objective search for truth.
- To cooperate with faculty members and student leaders in efforts to enlarge all such constructive activities.
- To examine objectively and frankly those aspects of the current drinking culture that are most significant to young people who think for themselves.
- To create in the future leaders of culture and public opinion a sense of concern and responsibility for intelligent service and leadership toward solution.

*WHEREVER alcohol is used as a beverage there is an alcohol problem. That seems to include the world. Wherever human experience runs into frustrations, alcoholism results as a kind of neurotic adjustment, that, too, is universal...*

*—Dr. Albion R. King, in an address at Linz, Austria*

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 357<sup>A</sup> and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

*For People of  
Any Age or Station*

# **Toward Effective Alcohol Education**

**By Robert R. Robinson**

Condensed from  
"Alcoholism". July, 1959

**Educational Director.**

**D**RINKERS and non-drinkers disagree violently on many points, but there is at least one relevant issue upon which they are in complete agreement: both are opposed to alcoholism and would like to see this problem materially reduced. There is disagreement over the best means of achieving this, but no disagreement as to the desirability of the end result. It is worth noting, that drinkers and non-drinkers disagree even among themselves as to the preferred ways and means.

Some invoke prohibitory legislation, others depend on education alone. There is a vast variety in their recommendations regarding the nature, content and duration of education, both in the school system and outside it, with respect to alcohol, drinking, intoxication, and alcoholism.

What, then, can be taught about alcoholism and its origins that will be of benefit both to those who drink and to those who do not, and which will work generally in the direction of reducing this disorder which is becoming increasingly prevalent in our society?

## **Starting Point**

A logical starting point might seem to be the dimensions of the area under discussion—the proportion of abstainers (approximately one-third of the adult population) and users

---

"Alcoholism" is published by the Alcoholism Research Foundation, 9 Bedford Road, Toronto 5, Ontario, Canada, in which Mr. Robinson is Educational Director. Over the ten years since the Foundation was established its treatment and research workers have drawn together a body of knowledge, much of which can be used in educational activities at different levels of the public, among teenagers, college students, drinkers, alcoholics and non-alcoholics.



of alcoholic beverages; the prevalence of alcoholism; the incidence of alcoholism (new cases per year). More provocative however, would be something closer to the practical; personal interest of people who themselves drink socially or who see social drinking going on around them.

One could do worse than start with a question posed in the Ontario course of study for Grade XII physical education: "What does alcohol mean to the young adult?" Such a question opens the way for consideration of the role played by alcoholic beverages in various parts of our society (and comparatively in other societies and in other times), and for a recognition of the symbolic values attached to drinking. Drinking and intoxication do play significant roles in our society and to fail or to refuse to recognize this is to take on an unnecessary handicap in discussing the subject.

### **Important Points**

Other aspects of the subject are also important, what kinds of beverages people drink; what happens to alcohol in the body and to the body with alcohol in it; how various quantities of alcohol affect the judgment, muscular coordination, and behavior; what is the pattern of drinking that leads into alcoholism and what are the recognizable stages in its development; what can be done to arrest the progressive deterioration of alcoholism and to assist in the patient's rehabilitation . . .

The dissemination of such information serves a useful purpose to individuals who drink, to those who do not, and to society as a whole. It is particularly valuable to young people at the time they are beginning to encounter social situations where they may be exposed to social drinking. They urgently need dependable information and an awareness of the many factors involved.

This need for knowledge may not have the same urgency among all parts of the teen-age population. Young people from homes and social groups where total abstinence is accepted and practiced, and where parents are held in respect, may not have any serious questions in their minds about it.

**(Continued on Page 82)**

*People Are Asking—*

# **Is Alcohol The Cause-Or What? Of Alcoholism**

**Andrew C. Ivy, Ph.D., M.D., D.Sc., LL.D**

Slightly Condensed.

University of Illinois  
College of Medicine

Definition: Alcoholism exists when there is enough alcohol in the body to impair the mental and bodily functions of the drinker.

**I** HAVE ASKED many persons the question: "Is alcohol the cause of alcoholism?" Their answers have been virtually as follows: Of course, alcohol is the cause. One does not have to be a physician, a scientist, a psychiatrist, or a psychologist to know that alcohol is the cause of acute and chronic alcoholism.

If alcohol is not the cause, the term "alcoholism" should be discarded; it is a misnomer. If not the cause, why does not an abstainer suffer from alcoholism? Why are there no alcoholics in countries where alcohol cannot be obtained?

Why does the incidence of chronic alcoholism and deaths from cirrhosis of the liver and Korsakoff's psychosis parallel approximately the per-capita consumption of alcohol? Why did the incidence of acute and chronic alcoholism increase in Sweden when in 1955 it was made easier to obtain alcoholic beverages? Why has the number of Alcoholics among women increased in the United States since drinking by women has become socially more tolerated?

To claim that alcohol is not the cause of alcoholism is analogous to saying that morphine is not the cause of acute and

---

Dr. Andrew C. Ivy is Professor of Physiology and Head of the Department of Clinical Science, College of Medicine, University of Illinois, Chicago. This condensation is from "Is Alcohol the Cause of Alcoholism?", a lecture at the Institute of Scientific Studies, Loma Linda, California, published by the International Commission for the Prevention of Alcoholism, Wash., D. C.

chronic morphinism. What is the cause of acute alcoholism, if the temporary impairment of judgment following a few beers, cocktails, or highballs is not alcohol? What is the cause of addiction if it is not the repeated episodes of acute alcoholism? Why do addicted drinkers have to remain forever abstinent, if alcohol is not the cause of their illness, and if alcohol has not produced some irreparable change in the functioning of the nervous system?

Why, then, does one frequently read that alcohol is not the cause of alcoholism?

### **View of the Beverage Industries**

"There is no scientific evidence that the drinking of alcoholic beverages is responsible for alcoholism," stated a representative of the Licensed Beverage Industries, Inc. in 1951. A representative of the California State Brewers' Institute, a public relations director, took the same position. The minority in a San Francisco Report on the Alcohol Problem said that opposition to the use of alcoholic beverages is based on the "false premise that alcoholic beverages cause alcoholism."

"The ordinary drinker believes that alcohol is not the primary cause of the failure of his weaker brother and that if it (alcohol) could be removed completely the weaker brother would still be a problem for public officials."

If this were true the programs for the rehabilitation of alcoholics—deservedly popular at the present time—would be useless. This attitude of the ordinary drinker is expressed by the claim, "It will not happen to me; a little drink now and then will not harm me." This is the same type of self-deception as that behind the statements of pre-alcoholics: "I can take it or leave it." This attitude is characteristic of a stage of alcoholism.

This attitude is based on the premise that the drinker will never drink enough to cause anyone any trouble. It ignores or refuses to accept the fact that many normal persons start as social drinkers and drink more and more until they become alcoholics.

It is analogous to saying that I am going to expose myself to *Bacillus tuberculosis* because only my weaker brother

*ALCOHOLISM and alcoholics form one of the worst and largest problems of American society today. Alcoholism has more direct victims and more indirect victims, lasts longer, more dramatically injures the very structure of society, and entails enormously greater costs than most of the other ills that receive concerted attack from voluntary groups, foundations and government—indeed, more than most of them combined.*

*—Dr. Selden D. Bacon, in the NEW YORK TIMES*

who does not have enough body resistance to destroy the bacillus will contract that disease. We cannot know in advance who our weaker brother is, nor that he who takes this position is not one himself. Both assumptions ignore the addiction-producing properties of alcohol.

#### **Views of Nonmedical Writers.**

Certain nonmedical writers make statements to the effect that alcohol is not the cause of alcoholism. The following phrase is one example: "The older idea that alcoholism results from habit-forming properties of alcohol." The reports of some state commissions on alcoholism declare that it is a "misconception to believe that alcohol causes alcoholism." The reasoning behind such statements is based on the suggestion of such misleading allegations as: "Science has ruled out alcohol as the cause of alcoholism."

#### **Do Physicians Disagree?**

Let us examine the evidence.

A few physicians have written that alcohol is **not** the cause of alcoholism. Dr. H. M. Tiebout says "Alcoholism is a symptom which has taken on disease significance." Dr. P. M. Kersten states, "Alcoholism is a symptom of disturbance in the character structure or personality." Dr. M. A. Block: "It was obvious that the problem of alcoholism rests in the one who uses it, not in the beverage." Dr. W. W. Bauer: "The cause of alcoholism is in the individual and not in the bottle."

On the other hand, physicians have made opposing statements. Dr. A. J. Carlson says, "The tendency today is to blame alcoholism on everything else but alcohol—on frustra-

tions, unhappiness, or anything. The truth is that perfectly normal, happy people can become addicted to alcohol through chronic consumption; or in plainer words, too much social drinking."

Dr. J. Y. Dent: "Addiction can be produced in anybody given sufficient drink, but the person's heredity determines how much."

Dr. Abraham Myerson, "It is not true in my opinion, that excessive drinking springs mainly from neurosis, psychosis, or conflict."

Dr. E. H. Sutherland: "Alcoholics have not been shown to differ significantly from nonalcoholics in personality traits."

Dr. L. E. Wexberg: "There is no alcoholic personality type."

Drs. R. Fleming and K. J. Tillotson: "The only trait these people (alcoholics) had in common was addiction to the excessive use of alcohol . . . Anyone—normal, neurotic or psychopathic, manic-depressive or schizoid—can become an alcohol addict if he drinks long enough and heavily enough (on the average about a decade); the younger he is when he starts drinking, the less likelihood there is for his successful treatment in a mental hospital . . . If anyone drinks enough over a long period of time, he can become an alcoholic."

Dr. E. A. Strecker and F. T. Chambers: "He or she (the alcoholic) is just as sick as the patient who has tuberculosis or pneumonia, or any other physical disease."

Dr. R. V. Seliger: "Alcohol does cause trouble and may lead to alcoholism. In fact, without alcohol there would be no alcoholism."

Dr. K. M. Bowman told the following story at a symposium on alcoholism at the 1955 meeting of the American Psychological Association. While visiting with a medical group in Indonesia, he asked regarding the problem of alcoholism. "The resident professor of Psychiatry mentioned that neither alcohol nor drugs was a serious problem in Indonesia. He explained that 'We are all good Moslems and the Koran forbids us to use alcohol and drugs'."

(Continued on Page 84)

*"One out of Fifteen."*

## Consensus Of A Radio Discussion About Drinking

From News  
Reports.

The Columbus, Ohio, Town  
Meeting, Dec. 13, 1959.

**I**F YOU DRINK at all, your chances of becoming a chronic drinker are one in 15.

When drinking begins to impair the drinker's relationships to his job, his family or friends, whether he likes it or not, he has a drinking problem. It doesn't matter when he drinks—before breakfast, before dinner, before bedtime—or how often—as with a monthly binge when seeking to escape business or other worries. When alcohol creates these difficulties, as it does with one out of 15 persons, he is already an alcoholic.

There are 20,000 such drinkers in the Columbus area, men and women. "We are not talking about a rare disease," explained one speaker. "It affects people 'literally from head to feet. It impairs the brain, motor functions, liver function, the stomach, causes multiple vitamin deficiencies.'"

"Alcoholism is a thinking problem," declared another panelist. "A problem drinker who wants to be cured needs to change his thinking pattern." But psychiatry alone is not enough, said another.

Drinking was the day's topic and Dr. Charles Harding, psychiatrist and medical professor, Dr. Donald Vincent, physician and hospital director, and Walter Fleming, director of the new House of Hope for alcoholics were the panelists.

---

Why should not the prestige of social drink be examined—the drinking at formal dinners, alumni banquets, society functions, business conferences and political dinners; the cocktail parties, and the afternoon gatherings of the socially elite? Why should not this taproot of toxic pleasure be evaluated in the light of scientific knowledge, social psychology and practical experience?

Harry S. Warner, L.H.D.



# Effects Of Alcohol Center In The Brain

Leon A. Greenberg, M.D., Ph.D

Condensed from  
a Lecture.

Yale University School  
of Alcohol Studies

**A**LCOHOL IS an anesthetic with a specific depressing effect on the nervous system. The higher the concentration in the blood and the brain, the greater the intoxicating or anesthetic effects.

In human beings, a concentration of 0.05% of alcohol in the blood of the brain effects the functioning of the uppermost portion of the brain and nervous system; that is, the centers of inhibition, restraint, judgment. The drinker takes personal and social liberties, lacks self criticism.

At a concentration of 0.10% the disturbance begins to descend to the motor carriers. The drinker staggers, fumbles with his keys, does not pronounce words clearly.

At a concentration of 0.20%, the functioning of the entire motor areas of the brain and mid-brain are disturbed. He is easily angered, groans, weeps, tends to assume a horizontal position.

At a concentration of 0.30%, the more primitive areas of the brain are affected. He is stuporous, although aware of things, has no comprehension of what he sees and hears.

At 0.40% to 0.50% concentration, the function of the perceptive area in the brain is cut off, he is unconscious.

At 0.60% to 0.70% concentration, the very lowest level of his brain functions are reached, those which govern breathing and heart beat. These become depressed, stop, and death ensues.

---

The lecture from which this article was condensed was given by Dr. Leon A. Greenberg, Yale Laboratory of Applied Physiology at Refresher Course at the Yale School of Alcohol Studies.

*A College Student  
Writes.*

# **This Is Man: A Captive**

**by Ronald Osborne, '62**

**A Finalist Editorial  
in the 1959 Roberts  
Awards Program.**

**Westmar College  
Le Mars, Iowa**

**H**ERE WE ARE on a planet, spinning through the Cosmos. From the level of our eyes a few feet above its surface, it appears to be flat and stationary, but we know that it is actually round and moving at incredible speed. In comparison with the entire universe it is a mere speck of dust, the head of a pin. Around the white-hot interior of our earth is a thin paper-like crust of land and water, and encircling it in turn, a tiny, precious layer of air to breathe. This is our home.

We have been here for some time now. Perhaps a million years ago man became man. Slowly and painfully we have climbed the slope of civilization. Tens of thousands of years have gone by since our ancestors learned the secrets of fire, and the principles of the wheel.

There are nearly two and three-quarter billions of us now. Most of us are about five or six feet tall when we are grown. We walk upright on two legs, using our other two "legs" to make a living in a variety of ways. We are brown, yellow, white, red, and black. We cover our bodies with cloth, fur, and leather. We communicate with one another in hundreds of different languages and dialects. We travel about the surface of our earth a great deal, some in ox-carts, others in supersonic airplanes. We have a particular aptitude for killing one another, and occasionally we go on a murderous spree we call a World War. At the same time, we are rather fond of

---

Ronald Osborne is majoring in philosophy at Westmar College. This editorial is one of the forty that stood highest, among eight hundred entries submitted by instructors, or written individually, in the Roberts Editorial writing program of 1959. (See *International Student*, Sept. 1959). His home is in Oklahoma City, Okla.

babies and elderly people.

We love this planet on which we dwell, this universe of which we are a part, this society which we compose, this story of our development, this our civilization.

Who are we? How shall we consider ourselves? What is man?

The smoke-filled, dimly-lighted room echoed with an undercurrent of nervous laughter, tinkling glasses, and rhythmically shuffling feet. Above this noise, the drunken members of a combo played poorly but loudly. And the liquor flowed freely. It is a typical evening in a typical night club, and the place is filled with people who are in some degree typical of mankind. For these are people who are confronted by the captive frustrations of reality and are seeking release in the soothing calm and bliss of inebriation. They are people who find in alcohol an outlet for their pent-up desires, emotions, frustrations, and inhibitions. This is man, a creature seeking escape.

The minister shakily placed the half-empty water glass beside the small medicine bottle on the corner of the desk. It was the second time in the course of the afternoon that he had gulped down the two tiny pills. He, too, is in some degree typical of man, for in taking his tranquilizer pills he is seeking escape from the imprisoning world of reality.

The latter is very directly similar to the former in motivation, for both are seeking release from the pressing captivity, the boredom, the frustration, and the confusion of life in modern society.

This is man: a cowering, pusillanimous creature who, when confronted by some problem which seemingly overwhelms him, seeks release from the issue by running away from it.

Here we are in the universe of thought, spinning through a cosmos of anxiety, frustration, and confusion. Here we are at the highest point ever in our long journey up the slope of civilization. Here we are in a world so complex, so confusing, so frustrating, we cannot bear to live in it for any long interval without experiencing the need of escaping from it.

Yes, this is man: a creature frantically seeking to escape from the horrors, the injustice, the hatred, and the evil which surround him in his world. Indeed, he is justified in seeking release. Were it not for some way to find release, his brain, the machine of his intellect, would short-circuit into schizophrenia. There are many, however, who find the golf courses, the tennis court, the library, and walks in the woods to be as equally effective as alcohol and tranquilizers in finding release.

This is modern man amidst the turmoil of modern society. But by overindulgence in tranquilizers and alcohol, he dares to find release from freedom of thought and reasoning, to freedom from thought and reasoning. This he dares not do. For all those qualities the Creator has given to man, none is more precious than his ability to think and reason. To seek release from this is to mock his Creator.

---

## Public Interest Growing

Condensed

From AA Grapevine  
April, 1959

**T**HE A. A. GRAPEVINE reports a tremendous increase of public interest in alcoholism as a public health problem in 1958 as shown by:

**LEGISLATION**—Thirty-six states now have official tax-supported agencies which conduct a variety of programs in treatment, rehabilitation, research and education. Notable expansion was made in Alabama, Texas and California.

**GOVERNMENT**—Federal law makers allocated \$700,000 for use in alcoholism research through the U. S. Public Health Service.

**INDUSTRY**—A mounting number of industries are giving attention to the establishment of new policy and procedures for the early detection and rehabilitation of problem drinkers within their ranks. The National Industrial Conference Board released an important report, "The Alcoholic Worker."

**RESEARCH**—The National Council on Alcoholism launch-

ed a research program in 1958 and it expects to make grants available to selected projects during 1959.

**CIVIC ACTION**—Three major organizations in the United States have taken up alcoholism study as a project. They are General Federation of Women's Clubs, Junior Chamber of Commerce and The National Tuberculosis Association.

**EDUCATION**—Summer schools of alcoholic studies patterned after Yale were established in Texas, Colorado and Indiana. More than 250 students attended the Yale School in 1958.

**CHURCH ACTION**—A proclamation by The National Council of Churches stated, "Regardless of a church's policy toward total abstinence, when an individual reaches the stage of chronic alcoholism, he is to be considered a sick man, and all the resources of church and pastor should be at his command."

**REHABILITATION**—Establishment of "half-way houses" for homeless alcoholics was accomplished in several cities, notably Rochester, N. Y. A survey by NCA showed that 16,883 alcoholics and their families had been received and subsequently motivated by their guidance to seek referral to treatment. NCA's Clinic Directory registered 138 outpatient clinics giving treatment to alcoholics.

The American Public Health Association included alcoholism as an important part of its annual convention in St. Louis.

**IN CANADA**—Five provinces—Ontario, Manitoba, Saskatchewan, Alberta and British Columbia—developed provincially-supported programs on alcoholism.

—Florida State Reporter, June 1959

---

**Intercollegiate School of Alcohol Studies  
International, McMaster University  
Hamilton, Ontario, Canada, August 20-25, 1960**

---

"One becomes an alcoholic when he begins to be concerned about how activities might interfere with his drinking instead of how drinking might interfere with his activities."

—World Health Organization

# Liquor Service On Air-Planes Is Legislation Needed?

SEVERAL BILLS have been introduced in the U. S. House of Representatives to prohibit the serving of alcoholic beverages on airplanes. At a hearing on these bills by the Subcommittee on Transportation and Aeronautics, July 28 and 29, Congressman Thomas J. Lane, testified as follows:

"As far back as August 21, 1955, I asked the airlines to discontinue the practice of selling alcoholic beverages to passengers on aircraft in flight. I thought that the airlines should be given the opportunity to abandon this dangerous custom, by voluntary agreement among the various carriers. Over three and a half years have passed since then, without corrective action by the airlines or the Civil Aeronautics Board. I think that they have been given sufficient time to 'do something' about this problem. Their failure to do so, leaves us with no alternative but to pass a law that will forbid this practice.\*\*\*\*

"The Air Line Stewards and Stewardesses' Association, and the Air Line Pilots' Association have called for an end to this commercial airline policy, involving the major domestic carriers, of serving liquor to the passengers. It is difficult to understand why the airlines, that are so scrupulous regarding every other safety factor, are so careless regarding this one. In fact, by serving liquor, they encourage the unpredictable behavior of drunken passengers. This could lead some day to the inevitable tragedy that would have been prevented by the legislation proposed in my bill, H.R. 169."

---

Drivers are safer when the roads are dry. Roads are safer when the drivers are dry. —

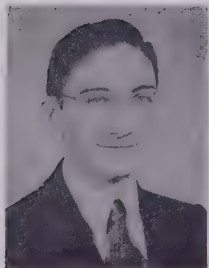
—Traffic Safety Propaganda

---

"Most alcoholics start out as social drinkers. But who knows where the responsibility for their becoming alcoholics lies?"

—Father Ralph S. Pfau, a recovered alcoholic, in his book, "A Priest's Own Story."





R. Dave Alkire



Fred H. Arnold



Allen O. Jernigan



ROBERT  
COO

## A 1960 COLLEGE CAM

To aid leaders in colleges and universities in developing  
coholism, such as:

Campus seminars, forums, discussion groups, lectures fol  
leaders.

### THESE MEN

Robert Regan, Jr., (Duke University, '49 and '52) Washington 2,  
Fred H. Arnold, (Hendrix College, So. Methodist University) Pin  
Ian J. McCrae, (Univ. of Toronto '49, Chicago '50, Yale '58) D  
Robert McCallister, (San Francisco State, Pacif. Sch. Religion) M  
Allen O. Jernigan, (Emory University, two degrees) S. W. La. In  
David C. Davis, (Otterbein '56, United Theol. Sem. '59) New  
Robert David Alkire, Ohio State Univ.; advance student in Ed

Otterbein, Western Ontario, Nebr. Wesleyan, and McM

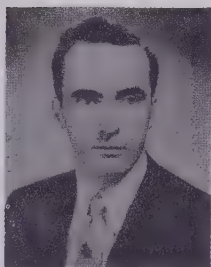
A Project of  
The Intercollegiate Association  
12 N. Third St.,  
Columbus 15, Ohio



Regan  
NATOR



Robert McCallister



Ian J. McCrae



David C. Davis

## US SEMINAR PROGRAM

opportunities for study and discussion of alcohol problems and al-  
ed by questioning; procuring qualified specialists and forum

### E AVAILABLE—

C., 100 Maryland Ave., N.E.

uff, Ark.

e University, Des Moines 11, Iowa

nwestern Univ., Evanston, Ill.

ute, Lafayette, La.

ngton, Ohio

ion; seminar leader Intercollegiate Schools at Univ. of Chicago,  
er.

For information write  
Robert J. Regan, Jr., COORDINATOR  
100 Maryland Ave., N.E.,  
Washington 2, D.C.

## **TOWARD EFFECTIVE ALCOHOL EDUCATION** (Continued from page 68)

They see drinking depicted in the movies and TV, they read about it, and see advertisements in the magazines; but the real people around them and upon whom they are modeling their grown-up behavior don't drink, so in most cases they are not likely to do so either - at least while they remain a part of their original social group.

### **Keep Perspective**

Need for knowledge of this kind is, however, very real for all young people, just as real as the need for many other kinds of knowledge which may later inform their behavior and contribute to their understanding of themselves and of those around them. And this is a very important point— that a disproportionate emphasis should not be placed upon the study of alcohol and its effects, nor should alcoholism be made to look too large in relation to other social problems. Its real size is quite sufficient without distorting it to bogey-man proportions! The key to understanding alcoholism, as a matter of fact, is precisely this: to see it in relation to all of life and to all of life's problems, and not to view it only darkly through a bottle.

### **Roots of the Problem**

Alcoholism might be said to have three roots—alcohol itself, which by definition must play a part; the make-up of the individual who has learned to be dependent upon the effects of alcohol; and the social context in which that individual is attempting to live and to achieve some degree of satisfaction. To approach this inter-acting complex through only one of these factors is to make an understanding of alcoholism impossible.

Handled with wisdom and in the light of established facts, a study of alcoholism can be a most enlightening experience for people of any age or station. Few persons from school age up have no knowledge or experience of a relative, friend, neighbor, or business acquaintance "who drinks too much for his own good"—or who used to do so. In ignorance or in prejudice, such "victims of alcohol" are frequently dismissed



## **FIRST SUMMER CONFERENCE OF THE ASSOCIATION VALPARAISO UNIVERSITY (IND.), JUNE 1910**

---

with a shake of the head or a shrug and the comment that, after all, "he brought it on himself". Looked at in the light of present knowledge the alcoholic presents a much different picture; and he or she may reflect an unexpected (and not altogether comforting) image of the society in which we live and to which we contribute some characteristics.

### **Value Of Discussion**

If it is a function of the school system to assist in the preparation of young people for effective, satisfying living, then a discussion of some aspects of alcoholism would seem to present teachers with a real opportunity for instruction. With the principal focus on alcoholism rather than upon the vexed wet-dry controversy, light rather than heat can be generated in all parts of the class—and, in many instances, at home among parents.

Teachers have traditionally been afraid of anything but the most superficial—and therefore misleading—treatment of this subject. And even among the few Ontario teachers who touch "alcohol studies" at all, only the smallest minority have

enough confidence and information to permit free classroom discussion of drinking and its implications. Yet, it is the experience of Alcoholism Research Foundation staff that whenever they meet with a group of teenagers there ensues a most stimulating and enlightening discussion. Young people are eager to learn about all aspects of growing up; and, from their observations of the adult society into which they are emerging, the use of alcoholic beverages is significant. They are seriously interested and anxious to discuss the subject, a situation which must be made to order for any teacher worth his salt!

---

### IS ALCOHOL THE CAUSE? (Continued From Page 72)

All physicians know, as does any layman, that acute or chronic alcoholism cannot exist without alcohol.

The apparent disagreement is due to a failure of the first group of physicians to distinguish between **the cause** of a disease and the **contributory factors** which render the person more likely to contract the disease.

For example, *Bacillus tuberculosis* is **the cause** of the disease tuberculosis. Exposure to infected persons, a person's natural resistance, and the impairment of that natural resistance by a poor diet, crowded living conditions, lack of adequate rest, acute and chronic alcoholism, and other diseases, are some of the **contributory or predisposing causes**.

Acute and chronic alcoholism are contributory factors to tuberculosis because they increase poverty and exposure to the germ and decrease directly or indirectly the body resistance. There are other factors which increase the incidence of tuberculosis. But regardless of the contributory factors or causes, no one will ever contract acute or chronic tuberculosis in any of its forms if *Bacillus tuberculosis* is not a part of the external environment and does not enter the body.

#### Cause of Alcoholism

Likewise, if alcohol is not one's environment, **the cause** of acute and chronic alcoholism is not present, and one never contracts acute or chronic alcoholism in any of its many forms.

However, if alcohol repeatedly enters one's body, that is, into the internal environment of a person, then the time and amount required to produce alcoholism will depend on one's susceptibility, which is determined by pre-disposing of contributory factors in external and internal environment.

### **External Contributory Causes**

Contributory causes in one's external environment are the presence of the custom of drinking; the social pressure to drink; the glamour attached to drinking; the advertising of drinking; the training in the home, at school and at church; or the extent to which one's environment provokes frustration and nervous tension.

Internal contributory causes in one's internal environment depend on whether one has been trained to solve problems by courageously facing and solving them by wholesome methods, or whether he has been trained at home or away from home to solve them by escape through the use of a drug, such as alcohol, or by some type of neurotic behavior. The personality traits of dependency and immaturity which are said by some writers to be so characteristic of alcoholics simply refer to how one reacts to the stresses or problems of life.

The alcoholic is, without doubt, immature. The same, however, applies to the person who serves alcohol to liven up the party or who uses it to relax or to have fun and enjoy life. **The use of a drug to do these things indicates the lack of sufficient maturity, education, experience and intelligence to relax, have a good time, and enjoy life without the use of a drug.** After all, is this not the reason why, regardless of much research, no specific set of predisposing personality traits has been found to predict with any degree of certainty the susceptibility of a person to becoming an alcoholic? Is not the difference in the immaturity of the social or moderate drinker and the alcoholic actually only one of degree, namely, the degree to which the drug alcohol is required to make life more bearable or enjoyable?

### **Cultural Factors**

The foregoing contributing factors are of a cultural charac-



ter, the character of the culture in which one lives, and the character of the way one has learned how to enjoy life and solve its problems. This is why a pre-alcoholic or an alcoholic must forsake the alcoholic way and learn a truly wholesome, rational, physiological and non-drugged way of enjoying life.

However, a physiological type of susceptibility exists to the immediate depressing (anaesthetic) effects and to the addiction-producing effects of the drug alcohol. Some persons are more susceptible than others to these effects.

### **Susceptibility Varies**

We shall first discuss the individual variations in the susceptibility to the immediate depressing effects of alcohol, just as we do in the case of any other drug. When we speak of the lethal dose of a drug, to avoid misunderstanding, we speak of the dose which kills some stated percentage of a group of animals. The lethal dose 100 (L. D. 100) is the dose of the drug which kills all the animals. The L.D. 50 is the dose which kills one half of the animals. If a group of 100 rats are given an L.D. 50 dose, a few become sick and die quickly, and a few do not even appear to become sick, because some are much less susceptible than others. This same principle holds for a nonlethal dose of a drug. If a group of twenty persons of the same weight are given enough alcoholic beverage to cause the blood concentration of alcohol to rise to .05 per cent ( $\frac{1}{2}$  drop of alcohol per 1,000 drops of blood) or more, the judgment and motor skills will be impaired in a few at a level of .01 per cent., in others at a level of .03 per cent., and in practically all at a level of .05 per cent. Thus, though all persons are susceptible to the depressing effects of alcohol, some are two or three times more susceptible than others.

The exact cause in each instance of the variation in susceptibility is not always known. The hormone or endocrine system, the nervous system, the nutritional condition, or the circulation may be involved.

Likewise, some persons are much more susceptible to the addiction-producing properties of alcohol. Now, however, the term "addiction" should be defined.



### **"GREETINGS" from Dr. IVY**

---

The best definition has been provided by the Subcommittee on Drug Addiction of the World Health Organization (WHO).

"Drug addiction is a state of periodic or chronic intoxication detrimental to the individual and to society, produced by the repeated consumption of a drug (natural or synthetic). The characteristics of addition include: (1) an overpowering desire or need to continue taking the drug, to obtain it by any means, (2) a tendency to increase the dose, (3) a psychic and sometimes a physical dependence on the effects of the drug."

What is the relation of the drug alcohol to this definition?

An increase in tolerance to alcohol occurs, and there is a "tendency to increase the dose." The Alcoholism Subcommittee of WHO in the report of its first session in 1951 states: "At this stage (loss of control), the subcommittee believes that a condition of addiction in the terms of that definition may be said to exist with the reservation that point (2) (a tendency to increase the dose) is not necessarily present." In the second report of this Subcommittee in 1952 it was stated: "The proportion of alcoholics (addictive and non-addictive)

varies from country to country . . . After a period of time an increase in alcohol tolerance may be noticed, i.e., the drinker requires a somewhat larger amount of alcohol than formerly in order to reach the desired stage of sedation."

A physical dependence and a psychological craving, or a powerful desire, develop. These are manifested in two distinct ways—one by the **signs and symptoms of withdrawal of alcohol** and their relief by alcohol, the other by **the relapse** which occurs after weeks or years of total abstinence. Withdrawal symptoms occur in a mild form and a severe form.

The symptoms in a **mild** form are those known under the term "hang-over." Some of the signs and symptoms are headache, irritability or irascibility, tremors, irritable stomach, lack of appetite, heartburn, thirst, weakness, etc. A drink of alcohol is usually desired as a sedative, or, as the drinker erroneously says, "a stimulant."

### **Dependence in Heavy Drinking**

The signs and symptoms of the **severe** form are coarse tremors (shakes), marked weakness, nausea, exaggerated reflexes, fever and high blood pressure, convulsions, hallucinations (delirium tremens), with death occurring occasionally. These occur in drinkers who have consumed about a quart of whisky a day for thirty or more days, after which the consumption is stopped or suddenly reduced. These signs and symptoms occur when the whisky has been consumed with a good diet and a supplement of vitamins. The severe withdrawal symptoms are prevented by the sedative effect of alcohol. They represent **a physical dependence**, an inability to stop drinking because of these distressing symptoms. As the symptoms of a hang-over are associated with a desire for a drink to relieve them, the signs and symptoms of withdrawal of alcohol after heavy drinking are associated with a powerful desire to prevent or relieve them.

These severe withdrawal symptoms of addiction to alcohol "are more dangerous to the life of the individual than are any of the manifestations of the withdrawal of morphine."

The physical dependence, and/or the craving due to physical dependence, disappears after abstinence up to three weeks.

So physical dependence, as just outlined, cannot be the cause of the relapse of the addicted drinker, or the fact that the addicted drinker can never become a moderate drinker.

After a period of from a few weeks to several years of abstinence, a latent or hidden residue of the presistence of addiction is manifested in some cases by a slow building-up of nervous tension which creates a powerful craving for a drink, and, once taken, there is a "loss of control" because counterpressures which acted as brakes before the drink no longer exist. In other cases this latent residue of addiction is manifested by a "loss of control" or an overpowering craving for another drink after one drink has been taken under social pressure or by accident as the result of "spiked" punch at a party, by a doctor's prescription, or even at a religious service. This latent residue may be awakened by the effect or taste of alcohol even after a twenty-five-year period of abstinence.

The same situation apparently occurs in many week-end or periodic alcoholics. One drink results in drinking more and more, and the alcoholic goes on a spree or bout until stopped by gastritis or by confinement at home or in a jail.

The defect which heavy drinking has insidiously produced in the addict's body and which, when one drink is taken, causes him to go on a spree, to commit "temporary suicide" maybe due (a) to a metabolic defect now unknown or (b) to a psychological or mental abnormality. Either the alcohol has produced in the endocrine glands or in the nutrition of the cells of the brain or in other important organs some metabolic defect; or, more likely, according to present knowledge, it has produced or developed, as morphine does, a psychological or mental abnormality which continues to exist in the once-addicted drinker even though abstinence has been maintained many years. Alcohol is a sedative drug producing specific effects on the brain, and once an addiction in the specific effects has been produced, one drink will re-awaken the latent addiction or craving which leads to loss of control and the return of physical dependence.

Obviously, if the person had never taken the alcohol, the craving and dependence would never have developed.

### Summary

Addiction, or dependence on alcohol, is manifested first by the occurrence of distressing withdrawal symptoms due to a physical dependence. Having overcome this physical dependence by total abstinence, the addicted drinker relapses either (a) as a result of building up a nervous tension state due to a psychological dependence which commands relief by alcohol or (b) as a result of social pressure to take a drink, or of the accidental drinking of alcohol. The nature of the latest residue of addiction, which persists for years, is probably the result of a combination of some subtle physical and psychological defect or dependence caused by prolonged drinking.

It is common knowledge that persons vary in regard to their susceptibility to alcohol. Some individuals can take an alcoholic beverage with their evening meal for a lifetime without developing an addiction. At the other extreme, a few alcoholics become dependent after six to twelve months of drinking. Heavy drinking, usually for a decade in the average person, results in addiction. What percentage of alcoholism are addictive and nonaddictive drinkers is uncertain. But it is generally accepted that there are 5,000,000 alcoholics in the United States (1957) and, according to the latest Gallup Poll, 60,000,000 of the 100,000,000 persons twenty-one or more years of age drink occasionally, moderately, or heavily. Thus, 8 per cent of persons ( $5 \div 60 = 8.3$  per cent) who start to drink occasionally or socially become alcoholics and continue to drink regardless of the difficulties it causes.

It should be clear, then, that alcohol is addiction-producing, and that the susceptibility to addiction to alcohol is much less than that to the derivatives of opium. This places the addiction-producing properties of alcohol somewhere between the opiates and the tobacco habit. Yet, **numerically, alcohol creates the largest narcotic-addiction-producing problem in Western civilization.**

*"It is unfortunate today that some regard alcoholism as a disease like cancer. It may end as a disease, but it begins with an act of will, namely to take a drink."*

*—Bishop Fulton J. Sheen*

### Conclusion

Some authors would like to persuade people to accept the erroneous view that anything but alcohol is **the cause** of chronic alcoholism. The sophistry of such a claim needs to be pointed out and emphasized. Such a claim is as erroneous as to claim and tell people that *Bacillus tuberculosis* is not **the cause** of acute and chronic tuberculosis, or that morphine is not **the cause** of morphine addiction. In view of the fact that alcohol addiction is numerically the largest narcotics addiction problem in the United States and Western civilization, it is an exceedingly dangerous and tragic misrepresentation of the truth to claim and tell people that alcohol is **not** the cause of chronic alcoholism and is **not** an addiction-producing drug.

NOTE: In the uncondensed edition of this lecture, references are fully documented.

In 25 years from now, all today's chronic alcoholics will be gone. A few may be awaiting the end in institutions where the decrepit and decaying are cared for but for the great majority it will have been a case of "ashes to ashes, dust to dust." It would be a comfort to feel that these were the last and the end of the problem. But **there are thousands of youngsters now in training who will fill the places vacated by the fallen alcoholics.**

—Arthur Lockwood, Weston-super-Mare, England

Alcoholism is essentially a social maladjustment and a religious disorder. The alcoholic attempts to find fulfillment in a bottle rather than in God and other persons. He lives to drink and drinks to live.

—J. Robert Regan, Washington, D.C.



# Improvement Needed In Our Traffic Courts

**I**F EVER A PROBLEM cried out for a solution it is that of controlling the ever-mounting number of deaths and injuries and the staggering property loss resulting from highway accidents.

As long as people operate motor vehicles with careless abandon, not realizing they are guiding potential lethal weapons, the chances of eliminating the problem are nil . . .

These facts were pointed up this week by those participating in the conference on Law and the Layman in Traffic Court Procedure . . . More than 1000 laymen, civic leaders, prosecutors, and enforcement officials gathered in Columbus for a full-day discussion of the highway safety problem . . .

One of the vital points discussed is the need for improving the administration of justice in the traffic courts . . . Traffic courts often have proved to be a weak point in the highway safety program . . .

Many violators, especially those guilty of drunken or reckless driving, are treated in the same category with drivers with much less serious offenses. The need is long over due for fearless action . . .

—Editorial; The Columbus (Ohio) Dispatch, Dec. 12, 1959

---

Social responsibility requires that the moderate drinker consider such logic as this: (1) Nobody desires to become a problem drinker. (2) Even so, a predictable proportion of drinkers are likely to develop a drinking problem. (3) The more drinking people there are, the more problem drinkers there are likely to be. (4) People are attracted to drinking not by the problem drinker but by the moderate drinker. (5) Therefore, the more moderate drinkers there are, the more people will be attracted to drinking, and the greater will be the social problem of excessive and addictive drinkers.

## TRENDS IN DRINKING

**W**HILE THE PROPORTION of Women drinkers has steadily declined since 1956, the proportion of men drinkers has remained constant at 67 per cent to 33 per cent who abstain.

Here is the trend among women:

WOMEN ONLY		
	Drinkers	Abstainers
1956 .....	54%	46%
1957 .....	50	50
1958 .....	45	55

The following table gives other changes in the "drinking population" during the last year:

	% WHO DRINK	
	1957	1958
Age		
21 to 29 yrs.....	64%	60%
30 to 49 yrs.....	62	60
50 yrs. & over.....	48	48
Education		
College .....	64	66
High School .....	63	58
Grammar School .....	46	46

"Liquor consumption over the next few years should be materially aided by an expected increase in the young adult population", (21-29), according to Benjamin W. Corrado, in charge of market research for National Distillers Products Co. He indicates that young adults as a group would increase by 12% between from 1959 to 1965, that they consume liquor more often than older adults, that there are more drinkers among young-adults than in the average population, and that "straight whiskeys and vodka should continue to grow in this up-trend in liquor consumption."

—Tap and Tavern, Aug. 11, 1959

Liquor Director Richard Crouch, of Ohio, asked Dec. 10 all tavern keepers in the state to cut down the number of holiday accidents due to drinking, by "being our brother's keeper."

What soberness conceals, drink reveals.

—An old English proverb.

## "GIVE AND TAKE"; A Process of EDUCATION.

To the Editor:

I like your sentence: **The International Student** is edited for those who think — or think they think — or want to think about alcohol in social living.

—Hervey F. Smith, 1726 Calle Boca Del Canyon,  
Santa Barbara, Calif.

---

To the Editor:

"The Razor's Edge" in the September **International Student** appealed particularly to me. May I have four more copies. The other articles also are excellent. You have maintained high quality in the articles you have published in this periodical.

—H. Walford Martin, Summit, N. J.

---

To the Editor:

Bible or no Bible, context or no context, the law enforcement agencies in Michigan do not accept a two-drink driver. The article by Gordon Grimm (Nov. '59, 'Moderation; Basic Concepts') is not acceptable to me. Cross me off your list of supporters.

—L. D. K., Mich.

---

To the Editor:

You are working on a tremendously important problem. The size of our check does not indicate lack of interest . . . but it is confusing to find moderation recommended (by implication) in your publication. (Nov. Int. Student.) It does not seem in keeping with the rest of your approach.

The people who base their arguments on "what the Scriptures say", lose sight of the fact that we are living in a totally different world today and must be guided not so much by what the Scriptures say as by the whole Christian philosophy of responsibility for the effects of our action on our fellowmen.

As you have yourself pointed out the root of much of the problem lies in the social drinking patterns and we cannot hope to solve this vast problem unless we go back to its roots. The moderation theory seems to me to be a delusion.

—Mrs. James W. Steer, North Lima, Ohio

---

To the Editor:

It is very significant that you are committing yourself and funds to the Association and its future.

—Allen O. Jernigan, Lafayette, La.

---

To the Editor:

I think the campus ministry will be extremely valuable. I hope there will be many who respond to it.

—Bill Junker, Nashville, Tenn., Director of  
Southern Baptist Student Work

---

To the General Secretary:

I have your letter asking for contributions for your new educational project on "The Alcohol Problem of Today." I am not in sympathy with such an approach. There should be, of course, endless education on the injurious nature of alcohol in high schools, colleges, etc., until the message gets over that alcohol, in any shape or form taken internally is deleterious to mind, body, soul — a depressant, narcotic drug to be avoided, outlawed, as are other drugs. In very moderate quantities it can be dangerous on the highways. The talk about the disease of alcoholism is a waste of time.

—G. H. T., Baltimore, Md.

---

The strategy of emphasizing "abstinence" as first objective when considering the problem with adolescents, young adults, students and middle-aged, is that it puts so many at once on the defensive — limits the opportunity of getting the non-drinking idea across.

—A National Christian Student View

---

To the Editor:

We all honor you for your life long loyalty to the cause which, I am now convinced, will continue as long as you live.

—Leonard C. Brown, Stevensville, Mich.

---

"Less than one per cent of the world's population set the moral pace for the rest of mankind.

—Le Comte Du Nuoy in "Human Destiny."

---

We are living in an era and a land where we have witnessed a tremendous upsurge and growth of the liquor cult and the drinking custom. It is but 30 to 35 years since the majority of our people were definitely opposed to the use and sale of alcoholic drinks. There was tremendous interest and even enthusiasm in the support of the abstinent position and its legal counterpart.

What changes in the temper and mind of our people since that time!

—Dr. Ross C. Eaton, Port Williams, Nova Scotia

**COME TO**

**CANADA**

**McMASTER UNIVERSITY**

**HAMILTON, ONTARIO**

**FOR  
THE**



**1960  
AUGUST  
20-25**

# **INTERNATIONAL-INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES**



**DAILY LECTURES** by health, scientific, industrial and educational experts of highest international standing.



**DAILY STUDENT SEMINARS;** free discussion; a clinical visit; and a typical Alcoholics Anonymous group meeting.



**A WEEK OF FELLOWSHIP** for College and University Students from Canada and the U. S.

For information write:

**THE INTERCOLLEGIATE ASSOCIATION**

Toronto 5, Ontario  
11 Prince Arthur Ave.

12 N. Third St.  
Columbus 15, Ohio

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# Student

LIBRARY  
OF RELIGION  
PACIFIC SCHOOL

April 1960

## *Digest of Alcohol Studies*

### *In This Number*

Drug Satisfaction in Alcoholic Culture .....	99
Social Implications of Drinking .....	105
Outlet: From What? To What? .....	107
Speaking in Canadian Universities .....	110
College Campus Seminars on Alcohol .....	111
Causes of Alcoholism .....	120
Sources of Drink Among Youth .....	121
Is a Scientific Approach Possible? .....	123
Alcohol; Food or Drug? .....	127

University Hall  
McMaster  
University,  
Hamilton,  
Ontario  
Canada



Democracy  
is something  
deeper than  
Liberty: it is  
Responsibility"



# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

April, 1960

Vol. 57, No. 4

---

**O**NE EDITORIAL PURPOSE of *The International Student*—one step toward an ideal—is that it shall become an open forum for discussion of the knowledge relating to Alcoholic Drink and the problems this custom brings into human living.

To this end it seeks to be objective in approach, scientifically accurate in content, educational in presentation, and realistic in discussion and interpretation of controversial aspects.

On this basis of frank study, this publication places its confidence in creative thinking and responsible decision by critical-minded younger men and women.

With confidence in the educational results of this policy we published in November, '59 a lecture on "Moderation: Basic Concepts"; in January, '60, "Alcohol: Cause of Alcoholism", and in this April issue a study of the tradition of drinking, or the "Drug Satisfactions of Alcoholic Culture."

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# The Drug Satisfaction In Alcoholic Culture

By Harry S. Warner

**E**VER SINCE OUR PRIMITIVE ancestors, in search of food, discovered that decaying fruits and grains gave an exciting "kick" to their feelings, a substantial part of each generation has been seeking alcoholic pleasure. From it they have gained both happiness and misery.

All the way up the trail since man became man, at all stages, we find stories of joy and suffering, of self and society, from intoxication, mild, moderate and wildly drunken. And the variety and frequency of these forms of release from the ills of life have increased in complexity and range as society has refined and commercialized the beverages that carry alcohol into daily living.

Discovered by accident, the tranquilizing sensations that accompany the use of fermented food and drink were accepted without question. They were interesting. In some forms alcohol came with food. A food it seemed to be. A pleasure substance, a "gift of the gods", it was and has remained from the childhood of the race to our present stage of progress. Because of its characteristic effects as a drug—sedation, excitation, elation—it stirs human emotions and is a means of frequent enjoyment to a majority of mankind; yet because of its other consequences it is questioned and rejected by many of the more concerned and the observing.

## Creating a Culture

The emotional experiences when drinking in groups that are conspicuously associated with alcohol, from the primitive forest fire-side to the cocktail room of today or the get-to-

---

Harry S. Warner, L.H.D., is General Secretary of the Intercollegiate Association and author of *"The Liquor Cult and Its Culture,"* *"Social Welfare and the Liquor Problem,"* and a series of eighteen monographs.

gether of old grads in any capital city, and the endless variety of drinking practices through the centuries, have given the alcohol tradition an established place as a cult in the culture of modern life. This has been for centuries and is today a dominant fact in those parts of our culture where the tradition is accepted. Praise of wine and of the feelings it brings is outstanding in literature, song, tradition, and the history of the nations and races that make up Western culture. Alcohol has become—indeed, as it has always been—the symbol of a cult, a culture, a type of life.

But to be realistic, it must not be overlooked, that this theme of anesthetic or toxic enjoyment has always been accompanied by a counter-theme of warning from contemporary observation. Critical examination has continuously noted excesses in it, and degrading trends among those who took “a little too much.” They noted certain continuous and far-reaching consequences that accompanied and followed frequent group, as well as personal, enjoyment of alcoholic drink. Thus, there has been, through the ages, a culture of complete non-use or of restrained use, among these who saw and suffered. This criticism has often been sharp, drastic, yet very realistic. It denounced drink to prevent the beginning of drunkenness and its related excesses.

But the social custom of using alcohol continuously or regularly to obtain good feelings and dissipate the bad, to gain exotic happiness that was much desired, did not prevail among the masses of people until relatively recent years.

In most early cultures alcohol was a privilege of the privileged. Heavy drinking by the masses was made possible by civilization; by the production, storage and distribution of alcoholic drinks in quantities. In recent years the wineries, breweries and distilleries of this 1960 mid-20th century, have overcome all limitations and greatly increased the mass consumption by use of the most enticing advertising ever devised by art and science.

Primitive men, in their occasional group celebrations, knew

Man's evolution from now on depends on his ability and willingness to change the culture in which he lives. —Le Comte du Nuoy, **Human Destiny**

no restraint; they lived in a world of heavy inhibitions. Relief in the form of intoxication brought a rare sense of freedom; they were glad to get all they could; intoxication gave it to them. That is what they wanted—a glorious relief from inner fears, and outward frustrations. And this trend, or sequence to drinking, has not changed greatly through all the modifications that have occurred in the philosophy and social background of alcoholic joy ever since. Yet, and parallel with it, for generation after generation for three thousand years, there has come with this tradition a never-ending wail of sorrow, excess, misery and inhumanity to man. This pain is so great, as a historical fact, that it can be compared only with the suffering that comes in another field of human experience, our resort to war. This is “the other side” of the alcohol heritage of today.

In a sociological sense, the popular use of drugs such as alcohol, opium, morphine, ether, nicotine, caffeine and the new tranquilizers have something in common. They serve a need; otherwise their wide use would die out. They enhance good feeling—personal and social; they provide a technique of fellowship; they induce relaxation; they give relief from boredom and minor discomforts and temporarily from serious strain. They are an escape from petty ills, but they can grow into serious life-habits of escapism, evasion of reality and of responsibility. The comfort they give has little to do with the basic needs of existence—food, drink, shelter and the effective removal of the cause of human disorders, physical or mental.

Yet they have an appeal. For as one philosophical writer said, “Most men and women lead lives at worst so painful, at best so monotonous, poor and limited that the lure to escape, to transcend themselves, is a principle appetite of the soul.”

## Chemical Intoxicants as Relief

Primitive men seized upon any brew from plants, fermented juices of fruits, intoxicants and narcotics, that their medicine men had discovered would give comfort or a thrill. Any mysterious drug seemed to be a Gift of the Gods. As civilization advanced, men learned, first through rough experience, then through the growth of moral responsibility and religion, and later from scientific study, that the character and consequences of drug-induced pleasure demanded attention; that these are serious facts; that some means to ease tension cause greater suffering than they relieve. They learned to discriminate. Therefore there has prevailed from the early years of recorded history, particularly from Greek and Hebrew culture, and later from that of the Moslems, a moral and religious demand for restraint, for self and social control, for the acceptance of social responsibility—for rejection of alcoholic “joy” and all it gives.

Thus today, we have in broad approximation, practical observation, experience and scientific knowledge the following generalizations:

(1) That the pleasure-giving drugs derived from opium, ether, morphine, etc., barbiturates, the narcotics and others, if freely accepted by the unknowing and free from control, are too dangerous for popular use. Their use is left to the expert guidance of medical men and health authorities. Society accepts this restriction.

(2) That many others, such as caffein and real stimulants with few unhappy consequences, society accepts and approves.

(3) That alcohol, nicotine and others have widely differing, and decidedly different and questionable connotations. The usual effects are divergent—“Ambivalent”—both wanted and rejected, both approved and disapproved. In current practice alcohol is rejected by 35% of American adults today, accepted and endorsed by 65%.

## The Approach of Maturity

This situation calls for a new approach. The problems of alcohol have taken on new meaning; there is renewed questioning. Study and research must now be on wider grounds than when this problem was regarded as purely personal. For to recognize and study the two-directional trends in alcoholic culture requires the examination of social sources, motivations, and objective evaluation of the cult of pleasure drinking itself. And for this reason: That the unfortunate sequences of the drinking cult do not and cannot be limited to the drinker, social or "moderate", and his local group. They spread out through the community; they affect the lives of all in direct and indirect contact with the drinking group; they influence the standards of the society of which they are a part. These unavoidable sequences are far-reaching, persistent and great, if not inevitable. In extent the casualties of heavy drinking and drunkenness, the creation of alcohol addicts in the nation; the deterioration of the 5,500,000 citizens who become inebriates, is a national tragedy equivalent to a war of nations. The polite custom of friendly social drinking thus comes into question as related to the initiating and cultural atmosphere in which most alcoholism begins.

This aspect of the alcohol problem, responsibility, should now be taken into account as most significant. It has been overlooked or minimized in both the temperance movement and in "the alcoholic" and alcoholism emphases of recent years. The problem is now one of mass drug satisfaction, correlated closely and unavoidably with mass dependence by millions on questionable drugs for the happiness which healthful living gives. This use of the drug alcohol is beyond all question more prevalent, excessive and worse in social consequences than is the use of all other drugs combined.

Is it reasonable to expect, therefore, that "moderation" can become a basic philosophy under these realistic conditions?



Is it possible? Can the spreading and deepening trends to the anesthesia of alcohol go on unrestrained without a corresponding increase in the number of addicts? Can the environment out of which modern alcoholism comes by the millions be improved? Can "alcoholic sickness" be reduced—then eliminated as yellow fever, malaria and diphtheria were eliminated years ago? As tuberculosis and other diseases are now being conquered by medical science? Can drinking driving, petty and major crime, the liquor share in juvenile delinquency, in slum life, be substantially reduced while mild degrees of intoxication—to say nothing of the heavier—retain the dominant but thoughtless and irresponsible approval of the 65% of public practice and opinion they now possess?

How can education toward restraint and control, toward the growth of dependence on recreation, music, religion as normal release from the frustrations and serious ills of life be fully effective, stand out **as normal and healthful** as long as prestige use and access to intoxicants is so easy? So suggestive? So commercially promoted? So unquestionably accepted by half or more of North American peoples?

Neither the history of drug pleasure, nor present-day experience, nor scientific knowledge, give much hope that this can be done without frankly questioning the tradition of social drink and modern economic promotion regarding the part they play as sources of the problem and its too-well-known excesses. These basic sources should now be studied, recognized for what they are, for steps that may be taken toward improvement, toward prevention of alcoholism and its end-product, the Alcoholic. These sources as well as the nervous disorders and emotional immaturity that mark the potential alcoholic are basic factors that should no longer be ignored in this last half of the 20th century.

---

These (sensible people) are not moronic. Intelligent, sensitive folk get caught in the trap. That is what makes alcoholism so tragic.

—Dr. David Stewart, Consulting Psychologist, Brookside Clinic, Toronto, Ont.

# Social Implications Of Drinking

## Basic Illness In Our Culture

By Hazkell Miller

Condensed

Dr. Miller is Professor of  
Sociology at American  
University, Washington, D. C.

**T**O THE MODERN behaviorial scientist it is fairly clear that good mental and spiritual health usually have deep rootage in social experience. Responsibility for both the personality and the behavior of the individual, while certainly not wholly divorced from individual voluntary control, is distributed far more widely than we have assumed.

It is of the utmost importance that we keep this simple fact clearly in view if we are to make an effective approach to the rehabilitation of the alcoholic or to the control of the alcohol problem. The need is not to find an efficient way of persuading crippled egos to escape from the bondage of drink, but to find controls for the dreadful diseases in our social order which are producing the crippling.

While the search for such specifics goes on, every available therapeutic resource should, of course, be used to restore the victims to the fullest possible measure of personal control.

### Seeks Source of Infection

It is obvious that there are many social implications in the great use of alcohol by our population, but it appears that little is being done to get at the roots of the problem. These roots must be exposed through attack on the conditions in the social order which invite the risks of alcoholism. Needless to say, any program that concentrates on salvaging sick personalities from alcohol's ravages without curing their basic illnesses or taking cognizance of the sources of infection can have only limited usefulness.

One of our very common errors is that of assuming that alcohol is itself a problem. Realism suggests that it is prob-

---

From *Adult Student*, Dec. 1959 and Jan. 1960. Used by permission of The Methodist Publishing House, Nashville, Tenn.

ably more likely to be a symptom than it is the real problem, for there are many social and cultural reasons why men and women drink so much in American society. Alcohol problems do not occur in a social vacuum, and cannot be dealt with successfully as though they function in such.

### **Social Sources**

The use of alcohol is a longstanding part of our folkways or customs.

Not only is alcohol available in abundance but its use in many standard ways is well established. Indeed, there are many social pressures which practically coerce individuals into stereotypes. Advertisers spend several hundred millions of dollars each year to reinforce and extend these stereotypes.

For many of the almost 65 per cent of our adults who drink, acceptance of the practice is easier to endure than is the risk of ridicule or ostracism for refusing. For many who have been reared in homes where drinking is accepted, criticism hardly occurs.

The use of alcohol is linked to our prestige system.

Our is an open class society with great emphasis on individualistic "success" striving. Many Americans are discontented social climbers, and the use of alcohol is clearly interwoven with our status goals. There is high correlation between drinking habits and our social structure. It is universal among the upper and lower classes but the middle classes are more affected by moral restraints.

Among the upper classes the practice has become an approved symbol of status, as such it is engaged in by both sexes separately and together at their most spectacular occasions. This fact has great influence on social climbing members of the middle and lower classes.

Beverage alcohol appears to perform a utilitarian function in our high-tension, impersonal society.

Its narcotizing effect helps Americans to endure their culture, or at least, it seems to give them temporary relief. Furthermore, when strangers meet for impersonal dealings with

(Continued on page 117)

# Outlet: From What? To What?

By Jo Ann White

A Finalist Editorial in  
the Roberts Awards of 1959

Louisiana Polytechnic  
Institute, Ruston, La.

**T**HE UNITED STATES, according to available statistics, appears to be the alcoholic capital of the world. "Alcoholism has doubled, according to the best statistics available"<sup>1</sup> in the United States and Canada in the past ten years. "This increase means per 100,000 of the adult population twenty years of age and older — not the increase due to growth in population."<sup>2</sup> There has been a great deal of concern about treating alcoholics; the present problem is the outlet — from what? — to what? Dr. Charles Rob, professor of surgery at London University has announced that "alcohol permits smaller doses of habit forming painkillers, and it creates a very nice sense of well being."<sup>3</sup>

Anxieties and tensions are essential functions of living, just as are hunger and thirst, but the world today is filled with a surplus of anger and conflict. There is no condition so acute, so universal, as loneliness; everyone is subject to its ravages. Since doctors cannot cure it, it is left for the victim to cure it or face it, or as "the majority of chronic alcoholics have an unusual amount of anxiety or tension that they try to control by drinking,"<sup>4</sup> cope with it in a bottle. In many cases alcohol is a relief from too many minor problems and small disappointments, difficulty in getting along with people, financial trouble, boredom, anxieties, fear of people and situations, suspicion of people and friends, self-doubt, a feeling of inadequacy, or it may be the answer to a quest for

---

<sup>1</sup>"Alcohol and Tranquilizers." *Maclean's*, (February 15, 1958), p. 1.

<sup>2</sup>Op. Cit., p. 1.

<sup>3</sup>"Old Fashioned Way, Treatment of Pain with Alcohol." *Newsweek*. L, (July 29, 1957), 50.

<sup>4</sup>"Debunks popular ideas about alcoholics." *Science Newsletter*. (March 16, 1957), p. 71.

peace of mind. But release from problems is certainly not the only reason for drinking. The social and cultural background of a person may have much to do with whether he becomes an alcoholic. It is a custom in a primitive South American society to drink from childhood. There it is a part of the major ways of life and of social institutions. "American Mormons consider drinking as disgusting and deteriorating, and the group as a whole has a low rate of alcoholism, but those who do drink do so to excess."<sup>4</sup> Drinking has definite family and religious significance among Orthodox Jews. Their emotional problems are as common as those of other Americans "yet alcoholism is practically unknown."<sup>5</sup> This is probably because he would be more likely to turn to other outlets. After fourteen years of drinking, Father Ralph Pfau has had four nervous breakdowns, and he feels that these are not a result of his drinking, but of other sources. He was swamped with hidden, undefinable fears; he was overtired and full of heavy pressure.

There is no typical victim of alcoholism. The scourge does not stalk only the Skid Rows of the big cities. Less than 15 percent of our four and a half million alcoholics dwell in the Dover Streets and Boweries of the land.<sup>6</sup>

Apparently all societies drink, and drinking to the point of intoxication is a common practice.

"The majority of chronic alcoholics start as social drinkers and at first have mild hangovers. In time the original physical upsets give way to serious emotional states."<sup>7</sup> "Alcoholics are practically unanimous in agreeing that this shift occurs and the increasing misery of the hangover is due to the emotional conflicts — the sense of hopelessness and despair,"<sup>8</sup> Dr. Karpman writes. Men seem to recognize that the hangover is "a means of escape from gnawing insecurity

---

<sup>4</sup>"Alcoholism and Your Background." *Science Digest*. (October, 1957), p. 42.

<sup>5</sup>*Ibid.* p. 42.

<sup>6</sup>"The Uphill Fight Against Alcoholism." *Reader's Digest*. (February, 1952), p. 208.

... deep depressed loneliness."<sup>9</sup> They have greater insight into their alcoholic problem than women. Overwhelmed by troubles, men are more likely to reach for the bottle than are women, who tend to withdraw into a private world of their own. These reactions to personal problems are clearly shown in a statistical study of over 2800 alcoholics and schizophrenic patients admitted to Agnews State Hospital in California during a recent four-year period. The investigators were at first struck by the fact that, among schizophrenic patients, women generally outnumbered men, while among alcoholics the reverse was true. Yet when the two diseases were totaled by sex, the totals were remarkably close: 53% men and 47% women. This constitutes a reliable idea that schizophrenia and alcoholism may be alternative illnesses. This suggests a close relationship between the increases in alcoholism and books dealing with tensions, loneliness, and anxiety.

There is a great difference between the behavior of the chronic drinker and, of course, the way people behave while drinking. A social drinker may easily become an alcoholic. He may never really like the taste of alcohol, but if he drinks often, there may be a time when he won't merely **want** a drink, but **need** it and have to have it to keep going. Light occasional drinkers joke, laugh, slap one another on the back, and act tipsy. The hard habitual drinkers drink without any outward sign of alcohol's effects until they fall to the floor in a stupor. Alcohol not only lowers tensions in the drinker, but skills as well. But the drinker **thinks** he can do things better. Herein lies the danger in driving: the drinker's confidence looms, and he takes chances. Alcohol deadens the drinker's effects of fatigue and also upsets the mineral balance. Excessive consumption of alcohol causes nutritional deficiencies. Most alcoholics have a disturbed liver, and one in ten has delirium or some alcoholic mental disease. It is only a question of time before the mind and body become injured, and, eventually, destroyed.

---

"'It's not that Drink.'" *Newsweek*, L (October 28, 1957) 50.

<sup>8</sup>Ibid., p. 50.

<sup>9</sup>Ibid., p. 50.



## **Speaking In Universities Across Canada**

**I**N RECENT MONTHS Dr. John A. Linton, Vice President of the Intercollegiate Association, has been leading an extensive program of objective discussion of the Alcohol Problem among eastern and central Canadian Universities, in connection with his field service as executive of the larger national movement of Canada. This tour of the current academic year follows one of similar service in the prairie and western universities last year.

Taking particular interest in the conviction that the alcohol problem should be faced scientifically and objectively at the university and college level, Dr. Linton, discussed the problem in the following schools of higher education, in one to three day programs as follows:

In Nova Scotia, at Acadia University, Wolfville, his service included a public meeting, a chapel address, a lecture to the Theological Club and the Student Christian movement; in Halifax a lecture to the students of Pine Hill, Divinity Hall and a conference with student Christian leaders of the area sponsored by the Student Christian movement; he addressed the Sociology Club at Kings College University, and had a day at Dalhousie University. Lectures and addresses were followed generally with creative questioning and discussion.

In New Brunswick, a student group at Mt. Allison secured him for an address. Similar programs occurred at Presbyterian College, Montreal; Queens College, Kingston, Ontario, and McMaster University, Hamilton, Ontario. And in the west, at the University of Manitoba, Winnipeg, and Lutheran College, Saskatoon, Saskatchewan.

## **College Campus Seminars To March 15, 1960**

**B**OB REGAN, Coordinator of the new College Campus Seminar program of the Intercollegiate Association, writes:

Thus far this year I have been involved in the following seminars: Marshall College, Huntington, W. Va.; Wofford College, Spartanburg, S. C.; Wood Junior College, Mathiston, Miss.; Randolph Macon College, Ashland, Va.; Emory and Henry College, Emory, Va. and later, Mary Washington College, Fredericksburg, Va. In addition, I spoke at Western Maryland College on the subject of "Social Responsibility and Drinking" during their Religious Emphasis Week. This was a required assembly for 750 students. We were well received.

Participating in the **Marshall College Seminar**, W. Va., in October, were Dr. Robert McClaughry, physiologist with the National Academy of Science, Washington; Dr. Haskell Miller, sociologist at Western Theological Seminary, American University, Washington; Rev. John L. Bryan, National Student Staff of the Methodist Church; and myself representing the Intercollegiate Association.

Topics discussed were social problems and alcoholic beverages, the effect of alcohol on the body and behavior, social implications of drinking, drunkenness and alcoholism, what is alcoholism and how do you treat it, motivations for drinking, and social responsibility and drinking.

Approximately sixty campus leaders at Marshall, representing fraternities, sororities, student government, and religious organizations were invited by the campus Student

---

These seminars are in part direct results of promotion by the Intercollegiate Association. They suggest keenly what can be done much more widely in 1960-1961).

Christian Association to participate. A student chairman was responsible for taking care of arrangements in co-operation with the campus Chaplain.

At Emory and Henry, Dr. Robert McClaughry and I conducted a one day seminar beginning with an assembly program for the student body at which I spoke on "The Nature of Social Problems Related to Drinking." Then in a selected group of forty campus leaders, we went further into the subject of the campus drinking picture. We dealt with the subject of motivations for drinking, the effect of alcohol on the body and behavior and social responsibility and drinking and alcoholism.

At Wood Junior I spoke at a student assembly on "The Nature of Social Problems Related to Drinking." Following this, Mrs. Vashti Ishee Cain, supervisor of Alcohol Education, Department of Education, Miss., spoke to combined classes of Health, English, and Religion on "The Effect of Alcohol on the Human Body and Behavior", and "Motivations for Drinking."

At Randolph Macon, Dr. Wayne W. Womer spoke on "The Alcohol Problem Perspective" during a one-day seminar at which time 75 selected campus leaders were excused from classes to participate. I spoke on "Motivations for Drinking and Not Drinking." Dr. Ebbe Hoff, medical director of the State Alcoholic Rehabilitation Program and director of Graduate Studies for the Medical College of Va., spoke on "Alcoholism and How you Treat it." The Rev. George Burroughs, an arrested alcoholic, spoke on the subject of "A Clergyman Looks at the Alcohol Problem."

During the past year Dr. Womer and his associate have conducted alcohol education programs and given addresses at Longwood College, William and Mary, Radford, Virginia Polytechnic, and Fork Union Military College. For 1959 they totaled 688 lectures in high schools and colleges, to a total of 43,055 students.

# Mid-West Campus Seminar

## At Illinois Wesleyan University

**O**RGANIZED AS A leadership seminar on Alcohol that would seek to be objective yet realistic, the program at Illinois Wesleyan University, Bloomington, March 14th, was pronounced a real educational opportunity in a review taken ten days later by the committee of students and faculty that had it in charge.

The "day" offered a well-filled program to the 100 students, most of them chosen by the houses and dormitories about the campus, to gain an understanding of the Alcohol Drinking questions of today and to discuss this knowledge in the light of their immediate campus problems.

The study and discussion began with a basic information address, "Alcohol: Its Effects on the Body, Personality and Behavior" by Dr. Earl Clark, M. D., pathologist at St. Luke's Hospital, Milwaukee. This was followed by a panel of health experts that included Mr. Robert Ring, health educator and Dr. Milton Bauman, psychiatrist of the Department of Health, State of Illinois. Discussion followed in Coffee Klatch groups.

"Motivations Behind Drinking" was outlined in an address by Dr. Milton Bauman, Director of Mental Health Clinics, Springfield, and discussed by a panel of experts. Discussion followed in groups through the lunch period.

"Drinking and Social Ethics," by Dr. Lysurgus Starkey of Kansas City, was the basic address of the afternoon. From this background Dean John Smith opened for free discussion the question of "Campus Legislation on Drinking."

The "Buz" period and reports from student "buz" groups, "with no holds barred," as announced in advance, were freely discussed by those who were dissatisfied and by those who were not. The views of the college were presented by the president. It was a creative session.

The night session, related to "Campus Drinking in the Total Society" of today. Three speakers participated.

## **Students Seek Improvement**

**By Carl H. Zwinck**

**Member of the Committee on Alcohol and Education, Mich.**

**R**EALIZING THAT MOST alcohol education programs have been ineffective, usually "too little too late", the State Board of Alcoholism in Michigan has been obtaining assistance from teen-agers.

Freshmen were given a questionnaire the first week of school last fall at Western Michigan University, and a follow-up study will be made. Local surveys help stimulate interest, and show the lack of knowledge which is almost universal on this subject.

On February 20, Dr. George Maddox of Mississippi and Dr. John Pascuitti were brought to East Lansing by the National Institute of Mental Health. They met with the Youth Advisory Council and other high school seniors and college freshmen in general sessions; youth and adult leaders met in separate discussion groups to discuss the need for better education and methods for providing it.

Local discussion sessions involving youth as well as adults are currently going on in various parts of the state; this activity can be of great value in reducing the problems currently involving beverage alcohol.

Students have written articles for local newspapers and have given speeches at meetings of their school, church and community groups. Social pressure from youth is more effective than adult pressure in reducing improper use of beverage alcohol.

The Roberts Awards Program is an example of an activity which encourages youth to solve their own problems; youth usually do a better job than adults in such matters. National and local encouragement to discuss problems and look for solutions will be more effective in this field than would new legislation or police action.

*Many from homes where  
moderation is accepted.*

# **Toc Alpha: What? Where? Why?**

**By Carol R. James**

**Ontario Provincial Youth  
Conference**

**Student at Teachers  
College, Toronto, Ont.**

**B**RIEFLY, WE ARE a group of high school and college young people from all over Ontario, who are endeavoring to encourage youth to refrain from the use of alcoholic beverages through a program of factual and scientific knowledge and alcohol-free recreation.

Toc Alpha was formed by teenagers for teenagers, and in its third year now, it has over one thousand members, aged fourteen to twenty, dedicated to total abstinence as a way of life. The membership is free and the members are kept up to date on the latest scientific research.

The name itself is an emphasis on the letters "T" and "A". Toc is the symbol of the letter "T" used in telegraphic communications. Alpha is the first letter of the Greek alphabet, equivalent to our "A". Therefore, "T" and "A" — Teenager and Total Abstinence.

Our programme is fourfold; 1. We get facts from outstanding leaders in their field. 2. We seek solutions, because we believe this is our problem. 3. We serve our school and community, because it is part of becoming a responsible citizen. 4. We have good times, because we believe lots of fun can be derived from alcohol-free recreation.

The big project of each year is a Provincial Youth Conference, organized in Toronto. This year there were two hundred and forty-six delegates attending, and many were

---

Miss Carol R. James, Pickerington, Ont., attended the Intercollegiate School of Alcohol Studies at McMaster University, August, 1959. There, along with two students from the United States, she was chosen by students participating in the school to be a member of the International Council of the Intercollegiate Association, and on January 3, 1960, at the annual meeting of the Council in Columbus, Ohio, she was elected to Council membership for three years.





turned away because of lack of accommodation. The motto of the Conference is "Achieving and Creating by Abstaining".

Here young people, moderate drinkers and total abstainers, meet on neutral grounds to study the facts presented by outstanding Canadians in the field of medicine, religion, education and law. In their small discussion groups, the young people, studying together, show a genuine interest in seeking solutions to the problems of social pressures and implications of alcoholism, and applying what they learn to their own lives.

After the last conference, the delegates made over one thousand speeches during the course of the year, speaking in High School Assemblies and Church groups, Service Clubs, etc. We hope that this signifies that Toc Alpha is helping young people to think for themselves, rather than to be influenced by advertising and public opinion; to consider it a privilege to be able to say 'no' in the face of invitation; and to be better citizens.

### **Reprint of "Is Alcohol the Cause?"**

An uncondensed reprint of Dr. Andrew C. Ivy's study, "Is Alcohol the Cause of Alcoholism," may be obtained by writing the International Commission for the Prevention of Alcoholism, 6840 Eastern Ave., N.W., Washington 17, D.C.

## SOCIAL IMPLICATIONS OF DRINKING

(Continued from page 106)

one another, alcohol makes them feel that they can dispense with the usual inhibitions strangers feel.

The use of alcohol is highly compatible with our sensory-oriented value system.

The physical sensations and easy accessibility of alcohol fit nicely into a society devoted to the philosophy of "have fun, be happy-go-lucky."

These conditions encourage the use of alcohol in our society. Many others are readily identifiable.

### **An Increasing Hazard**

Despite all these encouragements to its use, however, there is general awareness that beverage alcohol is an increasingly serious hazard in our congested, mechanized, technical, interdependent society. Its growing toll in physical casualties alone is appalling.

Even more serious is its effects upon individuals participating in our culture at this critical stage in our history. Its more profound effect is that it serves as a persistent temptation to the individual to use a standardized and tacitly approved means of revolting against and escaping from the responsibilities, inhibitions, frustrations, and conflicts of his social and cultural experience. In so doing, it contributes to a lowering of the long-range level of individual and social creativity. Under its influence, members of the group cease to be responsible, problem-solving persons. When this occurs, a crippling blow has been struck at the heart of our democratic philosophy and spiritual degeneracy has been encouraged in the individuals.

### **Deeper Reasons Why People Drink**

Why has drinking acquired the outstanding place it has in the lives of so many persons?

Do we rightly point the finger of guilt in the direction of the individual or toward society? Does society press so forcibly on the individual that drinking becomes his most accessible escape? If so, then what is occurring in our society,

making it unbearable to so many individuals? Will condemnation of individuals who drink solve the problem for these individuals or for society?

Only tough-minded, dedicated persons, in full command of all their faculties, and generously possessed of genuine religious faith will likely be able to stand firm and grapple resolutely and transformingly with the perplexing realities in our present-day society. The alcoholic certainly will not do so. In fact, he will find in the unpleasant reality excuses for his alcoholism.

Beyond the conditions, however, which provide the immediate excuses for and encouragements to drink are others, more basic, which, come nearer being real reasons for our alcohol problems.

Meriting special attention are the following:

(1) Our society is characterized by great heterogeneity and conflicting value emphases.

We are a society of minority groups each of which brought with it to America from its earlier background a set of value codes and customs. Consequently, it has been difficult to evolve clear-cut, uniform standards of moral and ethical judgment. Heterogeneity is on wheels, wings, radio, television, and the front pages of mass-produced newspapers.

As a result our values are confused, and no adequate overall system of morals and ethics has yet emerged. Many individuals are, therefore, growing up today in value vacuums; confused and disorganized in the value conflicts in which they are trapped.

(2) Our society is experiencing profound disturbance as a result of cataclysmic social change.

Greater social changes have occurred in the last fifty years than in most, if not all, of our previous history. We have shifted from a basically sacred to a secular orientation as we have changed from horse and buggy to interplanetary technology. We have suddenly moved from rural to urban identity and in doing so have given up the soul-nourishing warmth

of intimate neighborhood life for the loneliness of anonymity in the city's crowds.

Accompanying all this has been confusion in philosophy and values. It is difficult for individuals to learn how to live or know what they are living for; it should not be surprising that many become erratic, dissipated, and demoralized.

(3) There are serious tension-producing cleavages in our culture.

Cultural lags, cleavages, and contradictions are so numerous that individuals can hardly escape the mental and emotional conflicts which result from becoming trapped in them. For instance, pre-critical thinking and behavior persist in an age of scientific commitment. Prejudice, discrimination, and bigotry compete with democratic and religious ideals. Puritan consciences harass sensate lives. Individualism, private enterprising, and competitive social climbing receive intensified emphasis as cooperation and interdependence are increasingly required.

(4) Mass psychology and mass communication are manipulating us.

Modern psychology and technology have combined in the last few decades to produce the most clever manipulative experts, armed with the most effective means for implementing their authoritarian purposes, that mankind has ever known. For political, economic, or other reasons of selfish advantage they have been busily engaged in efforts to victimize persons on a mass scale.

One of the major achievements of such manipulation has been the standardizing of a carefully cultivated attitude of psychological philosophy of materialism that tends to make everyone feel unhappy and at a terrible disadvantage if he seems unable to "keep up with the Joneses" in obtaining the latest model of everything.

The discontent engendered, in part at least, by this kind of influence in mass communication often spills over with serious consequences into other areas of personal and social experience.

(5) Profit-mad commercialism dominates our national life.

The passion to amass profits takes precedence over so many other things that are necessary to the fulfillment of the human spirit and the building of a stable social order that tensions, dissatisfaction, and resentment are almost inevitable. It does not require a detached observer from outer space to see that in the midst of our profit-pursuing materialism there is altogether too little regard for personal and nonmaterial values.

Current drinking in our society has many complex social and cultural connotations, and that the implications of this fact constitute major challenges to those persons concerned to take action toward minimizing our alcohol problems.

Drinking is not, of course, a simple mechanical reaction to social influence. Neither is it only the result of a completely independent decisional choice of wholly adequate and sovereign individuals. Rather, it results from a dynamic combination of both social and uniquely personal influences which come to focus in the personality and volitional life of the individual. It is at this vital juncture that the very great significance of the social influence must be recognized.

---

## **Causes Of Alcoholism**

**Dr. A. Hoffer, Director  
Psychiatric Research**

**Excerpt from Address  
Dec. 2, 1959**

**University Hospital  
Saskatoon, Sask.**

**M**ORE THAN ONE cause operates for each alcoholic. These causes are usually unknown nor has a cure been found ( a cure may be theoretically available long before the causes are known). Some causes are—

(1) Availability of alcohol—this is self evident and will operate as long as society feels alcohol must be made.

(2) Biochemical factors—alcoholics are very often very tense individuals. Tension and anxiety have been ascribed to psychological factors only but the evidence for this is not

convincing. It has been known for many years that there is a close connection between tension and secretion of adrenalin. This factor may be of vital importance.

(3) Psychological factors—stress and strains certainly induce anxiety but its prolongation long after its activation is probably chemical. Tension per se is one of the most unpleasant feelings and people will commit suicide to escape.

However, the problem remains why only a small proportion of tense people resort to alcohol for relief. The reasons have to do with culture, religion, etc. and perhaps for them alcohol does not provide a relief. Tension may lead to depression, to tension diseases, etc.

---

## Sources Of Drinking Among Youth

**George L. Maddox**

Condensed from  
AAIAN Newsletter

Dr. Maddox is Professor of  
Sociology, Millsaps College,  
Jackson, Miss.

**T**HE TEENAGER in high school does not invent the idea of drinking; he learns it.

Among the most important available models after which he patterns his behavior are prestigious adults in his community.

The pattern and social context of drinking by high school students reflect to a marked degree the exposure of these adolescents to the pattern and social context of drinking among adults.

In a Michigan study a majority of students, both users and non-users (of beverage alcohol) imagined the typical adult to be a user.

Students were asked to specify those situations in which adults were most likely to drink . . . their answers named informal social activity, parties and the celebration of special events.

Many appeared to have only a vague idea of the meaning of the word alcoholism and of how the alcoholic is to be differentiated from the inebriate.



The drinking behavior appears to persist largely because the teen-ager, as well as the adult, believes that beverage alcohol does something **for** him as well as **to** him.

The most likely situation for the student's first exposure to alcohol is in the home in the presence of parents or other adults. The usual age for this exposure is in the 13th or 14th year.

High school students rather consistently referred to **tasting** alcohol with parents but to **drinking** it with their age peers.

The chances that one will be a user increase with age and are higher for male than for female; there was a higher proportion of users among urban than rural students; and among Jewish and Catholic in contrast to Protestant students. Students at the extremes of socio-economic status are more likely to be users than those in the middle range of status.

---

Effective alcohol education appears to be, of necessity, a community responsibility, says Dr. Maddox.

This is a conclusion he reached in a paper, **Drinking In High School**, presented at the Midwest Meeting of the Association for the Advancement of Instruction about Alcohol and Narcotics (AAIAN), at Indianapolis, Ind. in November, 1958.

He said: "The use of beverage alcohol is so integrally a part of the behavior patterns of the society into which the teen-ager is being socialized that the only approach to alcohol education which has any chance of success is one that does not over-simplify the problem and that does not give the entire job to a single community agency."

His conclusion is the result of studying systematic research on drinking in high school which began in 1941 in Washington, and has been continued since in New York, Wisconsin, Kansas, Michigan, and Utah.

More than 8,000 teen-agers in high school were included in these studies.

---

Drunkenness is both a disease and a disgrace. It deserves to receive both treatment and punishment.

—J. Maurice Trimmer, *Sin and Sickness*

*A fair question.*

# Is A Scientific Approach Possible?

By Dave Alkire

Student  
Ohio State University

**T**HE INTERCOLLEGIATE Association for Study of the Alcohol Problem has been criticized on two points of misunderstanding through the years. The first point is as follows — some workers in the fields of social science, counseling and education charge us (usually with limited evidence) of being a dry propaganda organization. They point to our publications and claim that all of our articles are concerned with the evils of drinking, with the only solution being that of creating an alcohol free society, or in other words — complete prohibition.

They also claim that as long as the students who write for our editorial awards program aptly describe what hell drinking causes here on earth, and preach total abstinence, they have a good chance of winning glory for good penmanship plus some of the prize money:

One college president told me that it would be foolish to encourage any of his students to attend our Intercollegiate School of Alcohol Studies. He said that the only students interested were those who already don't drink. He asked why his college should spend money to send a non-drinking student to a school which would undoubtedly spend the week selling a student body of non-drinkers on the idea that they should not drink.

I could share many more examples of criticisms relating to the first point of misunderstanding but I imagine by this time you are getting the idea.

The second point of misunderstanding is the accusation that we are an organization which is promoting moderation. One man told me that as long as we had men on our International Council who drank socially, even if they were Luth-

eran Ministers or Catholic Priests, he refused to support us financially. He believed that there was a desperate need for honest education on this subject, but his money was going just to go to the group that said "drinking is wrong."

I was speaking to a large group of ladies who had agreed to finance subscriptions to the *International Student* for the high schools of a county in Ohio. Everything was going fine until one of the leaders heard me quote from the *Quarterly Journal of Studies on Alcohol*. She very forcefully took the floor out from under me by asking me to sit down. Without allowing me a chance for rebuttal she explained to the group that the Yale School of Alcohol Studies was financed by the liquor industry. Thus, they were naturally fighting for moderation and more drinking if possible. She said that the Intercollegiate Association was undoubtedly a wet organization since it was using this journal's material. Therefore, she insisted that her group should withdraw from it's commitment.

As a result of her two minute speech, she destroyed a program which it had taken me months to set up. A program which would have brought honest scientific material to thousands of young people who otherwise gain their knowledge about alcohol from magazines, newspapers, and T.V.

A few critics have pointed to our Intercollegiate School where we have M.D.'s and Ph.D.'s lecturing on such subjects as the psychological reaction of the human body to alcohol. They say that we are teaching moderation because a certain lecturer happens to be a social drinker.

At most of our schools we try to get a minister who believes in moderation to explain his moral justification for this position. Also, we usually ask a minister who believes in total abstinence as a way of life to explain his moral justification for this position. In the November issue of the **International Student** we published the lecture on moderation which a young hospital chaplain gave at our 1959 school at McMaster University, Hamilton, Ontario. As a result of this attempt to understand why people think and act as they

College students generally tend to be conformists at the very time in their lives that they should be most inquisitive in their thinking — Rev. John E. Walsh, of Notre Dame University at the White House Conference on Youth, Washington, D. C., March 23, 1960.

do in relation to this subject, we have been criticized as supporting moderation.

Some of you readers may think that this criticism is silly, that we should ignore it. Of course, others of you who have gone through serious tragedy resulting from the use of alcohol want to know where we stand. You understandably do not want to have anything to do with a moderation organization. Thus, the time has come again to state the justification, philosophy, and objectives of the Intercollegiate Association for Study of the Alcohol Problem.

If you disagree with us, if you think our premises are wrong, write us what you think should be done, and how. Our modern society has ignored this problem too long, mainly because it is so hard to know or agree on how to solve it. Rather than withholding your support because of disagreement, help us to find better ways of solving some of these confusing problems.

**Justification:** The Intercollegiate Association is in existence because there is a serious alcohol problem which needs immediate attention. The first step towards the solution of this problem, as of any complex social problem, must be scientific study. Since ours is a democratic society the interest, problems, and beliefs of all groups must be known, understood, and considered in this study. The study itself will not solve the problem. Rather, the solution lies in the hands of the leaders and future leaders of this nation. Thus, the Intercollegiate Association is structured as an organization to study (with the help of those considered to be the top experts in the United States and Canada) the alcohol problem.

It's job is to put the results of this study into the hands of the leaders (I should say mainly future leaders, the college students of today) so that they can instigate an acceptable program towards solution of the alcohol problem.

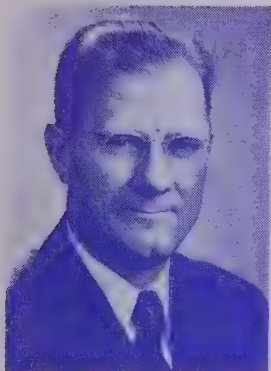
**Philosophy:** The philosophy of the Intercollegiate Association is that we are our brothers keeper. Out of love we want to find, and we want to help our fellow man find a solution to the alcohol problem. We believe that freedom of inquiry will bring forth the truth. With an insight into the truth we believe the solution to this problem can be found. We believe, that with the help of God and all of those who are willing to sacrifice towards applying this solution, the result will be the building of a more perfect society.

**Objectives:** In order to make our existence justified and our philosophy a reality, the Association has the following objectives:

- (1) To gather all of the available facts relating to the alcohol problem.
- (2) To present to faculty members, student leaders, students, and other interested groups and individuals these facts to examine objectively and frankly.
- (3) To better prepare all individuals to deal with the alcohol problem when they meet it in their personal lives, in their professions, and in their social experience.
- (4) To enlarge all constructive activities which have significant influence in education relating to the alcohol problem.
- (5) To create in the future leaders of public opinion a factual basis for concern, and a motivation towards accepting the responsibility to solve this problem.
- (6) To create a freer and healthier society.

In stating the justification for the existence of the Intercollegiate Association, it's philosophy, and it's objectives, I hope that I have been able to clear up some of the misunderstandings stated in the beginning of this paper.

The unique quality of our democratic society is that people with different opinions can work together to find solutions.



Dr. King is Professor of  
Philosophy, Cornell College,  
Mt. Vernon, Iowa

## Alcohol: Food Or Drug

From BASIC INFORMATION  
ON ALCOHOL

**T**HE DEFINITION that I always give of these terms is functional.

"A food is anything which people consume for the purpose of nourishing and sustaining the body in its growth and health. A proper diet must provide a variety of things: heat energy, body building elements in the form of proteins and minerals, and those subtle chemical structures known as vitamins. Normal foods are storable as reserves against future use.

"A drug is any substance taken because of its effects on the functioning of the organs of the body. On the basis of these definitions, alcohol should be classed as a drug. People nearly always use alcohol for its effect on mental and behavior processes because of its direct action on the central nervous system of the body. Even those alcoholics, for whom alcohol has become their daily bread, do not take it as a deliberate substitute for food, but for these psychological reasons."

---

Dr. Albion R. King will be a lecturer at the Intercollegiate School of Alcohol Studies, McMaster University, Hamilton, Ont., Canada, August 20-25, 1960. He has just published a 1960 Revised Edition of *Basic Information on Alcohol*.





Dr. John Linton

**McMaster,  
University,**

**Hamilton,  
Ontario,**

**August  
20-25,  
1960**



J. Robert Regan, Dean

# **Intercollegiate School Of Alcohol Studies International**

## **PURPOSES OF THE SCHOOL**

To help participants —

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages.
- Recognize the objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.
- Develop thinking toward constructive service.

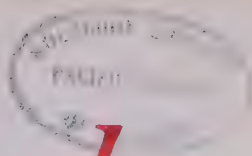
## **THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM**

**JOHN A. LINTON**  
Vice President  
11 Prince Arthur Ave.  
Toronto 5, Ontario

**HARRY S. WARNER**  
General Secretary  
12 N. Third St.,  
Columbus 15, Ohio

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1799 SCENIC A  
SAN DIEGO 9 CALIF

THE  
INTERNATIONAL



# *Student*

---

## *Digest of Alcohol Studies*

---

### *In This Number*

Creative Cooperation in the International Congress at Stockholm .....	3
Panel Review of "Stockholm" at "McMaster" ..	5
"To Build a Fire"; a study of A.A. ....	9
Roberts' Editorial Awards of 1960 .....	15
"A House Divided"; highest honor editorial ....	16
"The Man of Extinction", second highest .....	19
"Headline: 'Driver Was Drinking'" .....	22
Changing Drink Patterns in East Europe .....	26

Riksdagshuset of Sweden  
Parliament Building  
Seat of the International Congress



v. 58  
1960/61

76051

5158  
1960/61

# THE INTERNATIONAL STUDENT

EDITED FOR THOSE WHO THINK—or  
*Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

September, 1960

Vol. 58, No. 1

**T**HE INTERCOLLEGIATE Association and "The International Student", in our field of educational emphasis on objective and scientific study of the problems of alcohol, are ready to cooperate with all who honestly have caught the meaning of a "modern approach" that is inclusive enough to face frankly the devastating consequences of drunkenness and alcoholism in human living. Such cooperation with all who have a conception of the problem that has therapeutic value is now more nearly possible than ever in the past. It is realistic in the understanding of this: that it implies that the alcohol problem has been found to be too complicated to be left to education, health, the A.A.'s, the reformers, morals, law, or even religion alone, but that all these approaches are necessary.

THERE WERE indications of a very similar "New Approach," or spirit of cooperation in the thinking of many of the 500 or more experts from thirty-five countries who attended the International Congress of Alcohol and Alcoholism at Stockholm, Sweden, July 21 - August 5. this year.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# Creative Cooperation

In the International (World) Congress of 1960

## An Editorial Report

**T**HERE WERE INDICATIONS of a significant spirit of cooperation in the thinking of many of the 500 or more experts from thirty-five countries who attended the International Congress on Alcohol and Alcoholism at Stockholm, Sweden, July 31-August 5, this year.

This new awareness is meaningful because the delegates reflected the many aspects in which the Alcohol Problem stands out today: public and personal health; social, governmental, religious, industrial and administrative; abstinence, and an "alcohol-free" life; moderation — personal control; rehabilitation of the alcoholic, prevention and education — formal and public.

For there appeared frequently in the six days of lectures and sectional conferences and in the scope of the program, a tendency toward a pooling of knowledge and experience into a new realistic understanding, of the alcohol problem as a whole, as well as to discuss its specific problems — each of which is being given much independent attention today. This new or revised trend, at least in principle, was marked by the freedom in which the strictly objective scientist, the cold research specialist, the devoted welfare worker who needs all the basic proof he can get, the moderationist who faces the problems of excess, the advocate of personal abstinence and the promoter of a non-drinking social culture, worked together as accepted parts of the one program.

The name of the Congress itself is significant: International Congress on Alcohol and Alcoholism—definite, all inclusive.

The Congress with its 500 delegates from 35 different countries, mostly **European** and **North American**, included outstanding leaders from Turkey, Thailand, Japan, South Africa, Brazil, Chili, Australia, India, New Zealand, Green-

land, the Phillippines and Iceland. It brought to public attention the results of recent scientific research in papers that will be published later. The Congress gave major attention to a great variety of creative activities toward reducing alcoholism in the countries represented. The lectures and discussions reported in particular the treatment of alcoholics, the concern and care of their families, and the efforts towards reduction of the hazards of drinking driving; public and school education, preventive activities, the limitation of excessive commercial promotion, and the newly recognized burden of heavy drinking in industry.

The registration and information office of the Congress in the Riksdagshuset, the parliament building of Sweden, and informal greetings to arriving delegates, getting them to their hotels, and answering the thousand questions that came in six or more languages, were largely in the hands of students from the Universities of Stockholm and Uppsala, members of S.S.U.H., the student organization that for fifty years has been leading alcohol educational activities in the colleges, universities and high schools of Sweden, including a vigorous summer conference of their own.

Among the 500 who shared in the Congress there were three representing the Intercollegiate Association, Dr. John A. Linton, Vice-President, who was officially appointed by the International Council, Dr. Wayne W. Womer, and Dr. Harry S. Warner, General Secretary.

### **Panel Review of "Stockholm" at "McMaster"**

A report of the World Congress was given August 22, in a three man panel at the Intercollegiate School of Alcohol Studies,<sup>1</sup> McMaster University, Hamilton, Canada, the last week of August, by the representatives of the Association who had just returned from Stockholm. Thus this world event was brought directly to many college student leaders of Canada and the United States.

---

<sup>1</sup>A report of the Intercollegiate School will appear in the November *International Student*.

## EXCERPTS FROM THE PANEL

**of Wayne W. Womer**

Having visited extensively with medical, mental health, and temperance leaders and educational experts in various countries, Dr. Womer brought interesting information about what they are doing as compared with those in North America.

Regarding activities now going on he said that in Canada and the United States we are giving much attention to personal and group counseling, both as a method of education and as a rehabilitation service to alcoholics and others with alcohol problems. With the latter we have group counseling, group therapy, we deal with personality and emotional problems of the individual and his social adjustment. These fields are not touched on at all—or very little in European countries. I was told that in countries that are dominated either by an ecclesiastical system or a government that it is not safe to deal much in psychiatry. To have people prying into your life is taboo, such as trying to find out why a person is unhappy. It might make him feel ridiculous. He might not like Krushchev and that would be just too bad. He doesn't want you to know that and no one should know it. In Italy, husbands would come with wives and a wife will come with a husband to find out how many mistresses he has or where he spends his money. So treatment of alcoholics is based on physiology. The concept that this thing is a disease. Now on the North American continent we are discarding the disease idea. It has been in our literature for ten years. It started at Yale and even Yale now repudiates the idea that it is a disease. We now say that alcohol is an illness, the alcoholic a sick person, but that his illness is of the mind and his social environment.

In our country we work as a team. We recognise the total man and his personality. He is first a physiological being; he has emotions, he is a psychological being; he lives in a world in which he has to socialize, he has economic problems, he has family problems, he may have baby-parental problems. So on the North American continent we're dealing with this



alcohol problem on a teamwork basis. The doctor, the psychiatrist, the psychiatric-social worker, the religious counselor, and the type of work that A.A. does, are all brought to bear on the man or woman who has an alcohol problem. But in Europe, as far as I could find out—it's drugs, just as you treat whooping cough or measles. There is simply, more or less, a drug therapy. So, I think, we are way ahead in our concept of treatment.

A great deal of their research is in the field of physiology. They are doing good work in that field. They have been for years.

Another observation that is very interesting is the concern in this problem from the basis of government. There are temperance organizations. They have all kinds in Sweden; they have them in England and I understand that they even have one in Italy, believe it or not. In France the temperance movement is in the hands of the Academy of Medicine. The French doctors and the government have taken an interest. The basis of the approach of the people outside of North America has nothing to do with morals, ethics or religion. The concern is not evaluated in terms of good and bad, this is evil, that is right. It is based in terms of economic survival and the individual worker's ability to perform in the production of his country. For instance, in France, how do they go about it? First, find out what the problem is. They form a team of experts to study France. Where do the people drink? How much? They say the average Frenchman drinks  $2\frac{1}{2}$  liters of wine a day—that's nearly a gallon. Of course, he doesn't drink it all at once. He drinks it mostly in small amounts over a period of 18-19 hours. He doesn't drink enough at one time to make him stagger. He is above the staggering limit. So, that is why American tourists say: "Why, France just bathes in wine, but you don't see any drunkenness," interpreting drunkenness simply in terms of staggering. Then they found out what the children drink. French children are given wine instead of milk. School children bring it in their lunch boxes.

Then they spent several years studying the situation in the steel industry. How much does a worker drink? When

does he drink? How many days has he been sick this past two years? How many days has he failed to report? How many days has he had a hangover? How many accidents has he had in the last two years? Then they ask "How much is alcohol responsible for this?" Then they discover that France has an incidence of twelve times the average of sclerosis of the liver, from their high consumption of alcohol. That is their national disease. And they have a high rate of mental disturbance. This is the picture they get.

Now what are they doing? Well, the idea of saying to a Frenchman that he should practice sobriety, or abstinence—those words aren't in his vocabulary. It's utterly impossible to ask an average Frenchman not to drink. All right, so let's not be too idealistic. Let's say—Now look, if you love France, and you want France to take her place among nations, if you want to survive in economic conflict, if you want to produce, if you're a good Frenchman, you're going to drink a liter or less of alcohol a day.

---

## VIEW OF THE PAST — VISION OF THE FUTURE

**By Harry S. Warner**

**O**N THE FIFTH DAY of the Congress all members were taken on a bus tour of Uppsala University, the oldest in the Scandinavian countries, and Old Uppsala, site of the oldest city of Northern Europe, now a few square miles of flat country, with gigantic burial mounds of the Viking era. A lecture by a professor from the State Historical Museum and a view of the ancient cathedral were followed by a two-hour dinner in the Hall of State in Uppsala Castle, at the top of a hill and a three-story flight of ancient stone steps.

At the dinner there was very little speaking, but we had a great feast and a delightful time crossing skimpy language lines to deepen the fellowships begun at the main sessions in Stockholm. Across the table from where several of us, including a student from Turkey who had attended the Intercol-

(Continued on Page 24)

## TO BUILD A FIRE

### PREFACE

**I**N WRITING THIS PAPER, I am deeply indebted to the new friends I am proud to have made in A.A. I only hope that it does not abuse the confidence of those who trusted me with their stories. I would especially like to thank the woman I have named Marjorie who is celebrating her fourth anniversary in A.A. a week after the completion of the article. In the far too few hours I have spent with her I have learned that she is a humane, unselfish woman, dedicated to serving other alcoholics in A.A. and other people with problems. I was also aided unknowingly by many non-A.A. members who revealed to me their attitudes toward the drinking problem. These people ranged from students to faculty members, to social drinkers, to people casually met on busses, to bums in the Bowery.

I have attempted to expose the whole problem of alcoholism—the innocent beginnings of it, the seriousness of it, the wide range of its victims, the results of it, the suffering due to it, and finally the answer to it—Alcoholics Anonymous.

I gained my information by living it. I lived all the stories I heard. My only trouble was that except for the innocent beginnings in social drinking, I did it backwards. I realized the tremendous benefits of A.A. before I went down and hit the dirtiest lowest bottom, which many alcoholics have never seen, the Bowery. I took pictures, staggered down Bowery Avenue with a bottle of tea, stood in doorways, sat in the park and talked to the drunks and policemen. I also became aware of excessive social drinking at parties and frustration drinking at college.

I do not believe that reading this paper will stop any college student from drinking. I doubt that it will emit much more than "Oh, my God! That's terrible!" However, I sincerely hope that those who read it will remember its lesson years from now and may be spared much unhappiness. I know that I have learned the lesson I wish to tell because I have lived it.—Susan V. Granat

May 22, 1960

# "To Build A Fire"

By Susan V. Granat, '62

Vassar College,  
Poughkeepsie, N.Y.

*"I gained my information by living it.  
I lived all the stories I heard. My only  
advantage was that except for the innocent  
beginnings in social drinking, I did it  
backwards."*

## PART I "TOUCHING BOTTOM"

"HEY BOYS, there's a woman over on that corner."  
"Yeh, Mac, she's crying. What's she yelling? We'd better help her. What'd you say, lady? Can you understand her, Slim?"

"I think she said to get a policeman. Yeh, that's what she said. Joe, you better go find a cop. There's something fishy here."

"Look Mac, her eyes are all red. She's shaking like a leaf."

"Shhh, Slim, she heard you. She just put her hands in her pocket to hide them. Eh, probably just a female drunk. I can't understand what she's mumbling. Something about an Italian. There's that Italian man over there, but he usually follows younger women. He's the one that's eighty years old and looks sixty. You probably seen him beckoning to the girls in the Bowery. He's the one that's never been married and is sexually frustrated so he invites all the young girls to his house. What's he beckoning to this dame for?"

"I don't know. She's over forty, at least. Maybe. I don't know. These alcoholics generally look older than they are. Go get that man, Slim. She's still talking about him."

"Hey, Italiano. C'mere a minute. What'd you do to make this woman cry?"

"Nothing. She promised me she'd come to my house

---

Part II will appear in November. Ed.

if I gave her drink. I didn't do nothing to her. She just suddenly began to cry and started to scream something to herself. I don't know what she said. Then you boys came over. I thought she might still come if I give her a drink."

"SOB. You dirty, lousy bum. Don't you know that a person that's on the bottle will do anything to get a drink. That woman didn't want to go home with you. She just wanted to get a drink. I ought to beat the pulp outta you. Now you get out of here. Go."

"Watch it, Mac. Leave him alone. Here comes Joe with the cop. Besides, this dame probably is a big drinking bum. I seen her before around the Bowery. Lives where a lot of the women-drunks go, in the Pioneer Hotel, when she has the money. Lord knows where she sleeps when she hasn't. Drinks in the park back there. In fact, I heard tell from some of my Bowery friends that this one is a real snob. Likes to talk about how she was a woman-lawyer — probably a big society dame who drank her way down."

"O.K., boys, what's the trouble here."

"This here dame started crying and called for a cop."

"What's the matter, lady? Need some liquor? Boy, fellows, she sure has a bad case of the shakes. What'd you say, lady? You said you want me to call A.A.? Are you sure? O.K., lady. I've done this before, and the people just come right back down here again. Will you stay with her a few minutes longer, fellows, while I make the call?"

"Gosh, Slim, I was sure she was an 'ole drinker. Look at her there. Sort of feel sorry for her, don't you? She must be awful lonely down here. It's a vicious circle. People drink because they are lonely and become lonely because they drink. I can see how a lonely person could turn to drink. I do myself sometimes. Wonder if this woman is married. Her husband probably left her when she spent all his dough on drink. Wonder if she has any kids."

"Probably, she looks like the motherly type. I thought she was one of them alcoholics who was driven to this miserable homeless home. Probably never heard of the Bowery at the age of ten. Now it is a real part of her. Of

course, there's people like us who just come down here to drink once in a while, but we certainly aren't drunkards, and we work. You can tell we work by the callouses on our hands. But your hands aren't calloused, Joe. You work in an office. You're smart. You worked your way through a whole year of college and can hold down a good job."

"Yeh, well if I'd had any more money, I'd have finished college and maybe even gone to grad school. God, that's my one disappointment in life. I know one thing. If I'd been in that woman's shoes, I'd sure as hell have stuck by the law and not landed down here, drinking my head off in the Bowery."

"Sure, we all know you, Joe. And maybe if Mac and me'd made it through high school, we might be like you. Heaven forbid! Every time I look at you, you're reading some high-falluting intellectual books. I'll bet you have a bigger vocabulary than Winston Churchill. And — God almighty — everytime you look at something, you see the profound poetic beauty in it. You could look at a garbage can and write a sonnet."

"O.K. Slim, but you have to admit with all that, I'm just as poor as the rest of you."

"Well, we may be poor, but at least we are clean shaven, and not in rags."

"You're right. You know I think the Bowery is the safest place on earth, contrary to popular belief. Most of these bums just wander about aimlessly. Get a gander at them. They are completely harmless since they are drunk. They walk down the streets talking to themselves. Mumble, mumble. Wonder if they understand what they're saying? I sure as hell don't. Look at it out. It's a bright sunny day, but I'll wager few of them notice it. Look at their red, sick eyes peering out of their foggy heads as they stare blindly out the windows of the Providence Hotel, over there, staring right into space. Can you ever forget them? God, I never want to land down here, permanently."

"Me neither. One or two drinks is O.K., but never a Bowery bum."



"Boy, you're telling me. I never want to get like them. I've walked all over this place, and I've seen them. Ever see that man who staggers along on crutches? He's always in rags and filth. It's his feet that strike me. They are swollen about three times normal size, and his shoes have been split at the seams to cover his immense feet. I've seen all them drunken men out strolling. That red-head one — it was so funny — he fell right into the gutter, and that old man who wears the sailor hat once failed in several attempts to climb the steps of an apartment building in a side street. Finally, he just gave up and sat in the gutter. I'm not kidding. It was true. But the place to see them all is the good 'ole One Mile House. Boy, that's a real joint — drunks by the dozens. It represents the last mile of life before one can descend no farther. Bums spend their last cents and their last days there. Whenever they get some money, it goes to the One Mile House. It may be a rotten, stinking dive, but it is not the kind of place where a man picks up a woman. All are too inebriated. It is for men and women who drink away their last breaths in it. I've seen them do it too."

"Yeh, Joe, but you know what gets me is how these bums stand at the intersections along Bowery or Delancy Avenues with rags to wipe the windows of passing cars for tips to get something to eat or drink if they are lucky, instead of doing an honest day's work. I once seen this guy in rags wiping the windows of a car stopped for a red light, and the driver reached clean out and slapped him. The poor bum staggered back to the next car. These guys is always asking me if I'd give them a quarter for liquor, or if I had a bottle of liquor, a sip of it. That park is pretty funny too. Once these two women was sittin' on a bench. They pulled out the bottle and started drinking. Boy, they both was fat ones. One was a white woman; the other, that big Negro one that lives at Pioneer. They threw their empty bottle under the bench."

"Well, you guys, I think I met the prize one. Boy, was

he ever way out. This man begged me for two dimes. I was in a good mood that day, so I gave them to him.

"‘See how ugly I am?’ he said. I looked at his shabby, worn clothes. They were in rags. ‘I always smile,’ he said, ‘I may be a drunken bum, but I smile all the time.’"

"Are you going to spend those dimes on drink?" I asked him.

"‘No, I haven’t got enough for a drink. I would be drunk if I had another dime.’"

"‘Good,’ I recoiled, ‘get something to eat.’"

"‘I haven’t got enough to get drunk. Otherwise, I would, now I’ll eat. God bless you. You gave me these dimes. God bless you.’"

"I said to him, ‘God bless you too.’"

"He replied, ‘Not God Bless me. God gave me these dimes. God gave you these dimes to give me.’ Then he went and told his friends about the generous man. They all came scrambling after me with outstretched arms to obtain a dime, but the generous man had no more. Boy, what a jerk, that one was way-off base."

"That’s funny. This place is loaded with characters like that. But, you know, I don’t think the place is that bad. After all, there are lots of regular guys like us who just come down here to drink once in a while."

"You’re right, Mac. You know, there are other aspects of this skid row which most sober people never know. The Bowery is also the home of thousands of decent people who happen to live here. And, after all, where we live on the West side certainly isn’t any richer. Look at those kids over there. Sort of gets you. Every last one of them is clean and well-dressed. Look at them playing ball in the dirty streets. They just naturally take in stride the drunkards who meander in a daze through their baseball games. The park, where so many drunks sleep by night and drink by day has a playground where you can hear the shouts and cries of children in the late afternoon when they come home from school. I once saw this derelict approach a young boy

with a toy gun. 'Shoot him,' he choked to the boy. Then he staggered on.

"That old vendor with his horse and dilapidated buggy comes through that alley back there crowded with children. He always has flowers and fresh fruits. The ladies all come out and bargain with him. Like anywhere, big, noisy trucks, filled with produce for New York City — listen to them — come rumbling up the streets of the Bowery. And take a look on your right, fellows. That's the city of New York on the horizon — ha, look at her — tall and proud, teeming with activity, looking down on these bums who were once a part of her life and can be once again. Remnants of that life can still be seen in these sidestreets near the Savings Bank — you know, those little shops filled with wedding dresses and gifts. But what good are they with these drunkards? What bum wants a wedding dress?"

"Yes Joe, they're all married to liquor."

"Well anyway, I'll tell you what I like about the Bowery. It's pretty funny. In a sense, it's a miserable Utopia. The rest of New York separates the sober people into Puerto Rican sections, Negro sections, Italian sections, and Jewish sections. In the Bowery, there is no prejudice. The Bowery is a melting pot for all the drunkards of the New York area, regardless of race, sex, religion, or creed. All narrow minded social stigma is cast aside. Skin color doesn't matter. All are alike. Negro and white drink and fall side by side."

"Gosh, I never thought of the Bowery that way, Joe, but I see the irony in it now. Look at them all over there lined up in front of the Salvation Army Hotel. Blood brothers!"

"You mean liquor brothers, Slim. Their blood flows with liquor."

"Wonder if this A.A. thing can really help this one. She looks pretty far gone."

"Well, I don't know. I know a guy that's in A.A. Pretty good man too. Works on the job with me. Lives

(Continued on Page 29)

# ROBERTS EDITORIAL AWARDS

## Winners of Highest Honors

**W**RITING UNDER the title, "A House Divided", as related to "Problems in the Control of Alcoholic Beverages" and the spirit of responsible observance, a 1960 graduating student of the College of St. Mary of the Springs, Columbus, Ohio, Sister Mary David, O. P., won highest International Honors in the Logan H. Roberts series of awards for the year 1959-60.

These awards for study and writing on Alcohol Problems by college students of Canada and the United States, annually offer cash prizes—this year over \$2,000 and scholarships to the annual Intercollegiate School of Alcohol Studies. The first prize this year was \$150, a scholarship and a travel grant of \$50 to the Intercollegiate School, August 20, at McMaster University, Hamilton, Ontario.

The second honors award, \$100, a scholarship and travel grant, was won by Margaret Cline, class of '61, at Lenoir-Rhyne College, N.C., who wrote on "The Men of Extinction."

The two third awards were won by Kathleen Ramey, '62, Cornell College, Mt. Vernon, Iowa, "Headline: Six Dead—Driver Was Drinking", and Sister Regina Ann of Sion, St. Thomas More College, Saskatoon, Sask., "The Major Minor Problem."

Four fourth honor awards were given as follows: Beth Archibald, Acadia University, Wolfville, N.S., "Liquor and Minors"; Doris Ernestine Hays, Univ. of Chattanooga, Tenn., "Liquor Advertising Laws"; Edward K. Straub, '60, Drexel Inst., Phila., Pa., "Alcohol Control Laws"; and Don Garnett Theander, Pueblo College, Colo., "Drinking and Driving Problem."

The final judge in the four-step series to International Honors was Dr. Virgil G. Hinshaw Jr., Professor of Philosophy, Ohio State University, assisted at lower stages by editorial secretaries of the Intercollegiate Association.

(Continued on Page 21)



Erskine Hall, College of St.

*"Twin pillars  
of social order."*

## A House Divided

By Sister Mary David, O.P., '60

College of St. Mary of  
the Springs, Columbus, Ohio

**A**W, C'MON, CHARLIE—just one more—one for the road!" Charlie took it. Afterwards he left his friends, not too steadily, and drove home—at least that's where he intended to go. He couldn't focus his eyes for a moment, and when he finally could see he couldn't move his foot fast enough. He certainly tried to avoid the fence—and the children playing behind it. Charlie was taken to the police court, questioned, and tested. He could not walk the white line; a test of his breath indicated that he was "legally drunk" according to the standard alcohol percentage content; he had been responsible for the death of three children. He was sentenced to 1½ to 3 years in the state prison.

Charlie's case—like so many—looms up like a horrible nightmare to haunt the minds and hearts of those who had



he Springs, Columbus, Ohio

anything to do with it; it plagues the common sensitiveness of the ordinary citizen who keenly feels this tragic loss and seemingly inadequate compensation. Was justice really attained? Did Charlie "get what was coming to him?" Will his punishment conquer, in some way, the evil caused by imprudent use of alcohol? To answer these and the thousand similar questions that surround a case we must understand two things—the nature of man and the nature of law.

Man cannot live alone; he must look to society in order to survive and succeed. And life in a society demands a hierarchy of rule in order to attain the peace and order which is its goal. But in order to maintain this hierarchy of rule in a democratic society, the power to rule must be freely delegated by the citizen himself to those who are capable of fulfilling this task. What we think of law will greatly depend on what we think of life, for law is simply a reasonable command made by those we choose to command in order to achieve the common good which is very much a part of the life of every citizen. We cannot deny that the state has the right to interfere with the control of the buying and selling of alcoholic beverages. If peace is our goal, and if alcoholism is a threat to that peace, then it is not only the right but also the obligation of the state to take immediate action. The measure and extent



of government is the needs of man both as an individual and as a part of the state. Thus, law becomes a moral code as well as a social principle.

Law and education are the twin pillars of social order—we must know what is right and wrong, and, since we have exercise of free will, we must be guided—not coerced or tyrannized—by law which merely points the way to spiritual and temporal well-being.

All too frequently we forget that law is a two-way proposition; we give our consent to be ruled and we take what advantages the rule has to offer. In applying this idea to the laws governing alcohol, we must realize that a law written down on paper or preached from the house-tops is not an automatic guarantee that it will be kept. Law does not stifle man's freedom; it liberates him so that he will be free to choose what is right. Man himself, then, must take on some responsibility—the state cannot be held responsible for a person deliberately choosing to break a law, but only for its justification.

In judging individual cases such as Charlie's, we must keep in mind that law is universal and not particular; the legislature strikes the average and cannot pull out of its hat a magic remedy suited and tailored-made for a particular case. Yet, we cannot ignore the letter of the law, but only apply its principles in order to maintain its spirit.

Can a law governing the use of alcohol, then, be said to be actually "inadequate"? Charlie was found to be "legally drunk"; he flunked all the tests miserably. But what about the more terrible aspect of manslaughter? Can the state adequately punish a man for so tragic an outcome? Can the state provide compensation for the unspeakable grief of the unfortunate parents? Well-being is an individual affair and will always remain so; the law is only a means to the end. Charlie's real punishment will take place within him.

This realization that law is a two-way responsibility, I think, will do more for the betterment of society than the strictest of regulations. The printed word of law is the letter. How much are we doing to keep its spirit?

*"To drive alcohol  
from the highway—"*

# The Man of Extinction

By Margaret Cline, '61

Lenoir-Rhyne College,  
Hickory, Tenn.

**T**HE MAN OF DISTINCTION" that we often see in the liquor advertisements can very easily become the "Man of Extinction," either to himself or to some innocent person on the highways. The "drinking driver" is one of our most pressing problems today. Many solutions have been offered, but as yet, very few states have come up with adequate laws to control the driver who insists upon mixing alcohol with gasoline.

The greatest difficulty seems to be in securing the conviction of the driver after his arrest. Many community, political, and social pressures force suspension and sometimes even revocation of the sentences that are handed out. If all the judges, lawyers, and officers were completely honest, and could not be bribed, many of the state laws regarding drinking driving would be adequate. However, since this Utopian situation seems hardly likely to occur, I believe that future state laws should be more severe than present ones.

The United States has the highest accident rate in the world. At least 15,000 people are killed and 200,000 injured in traffic accidents involving drinking drivers. One fourth of all fatal crashes are the result of drinking drivers. This is an alarming situation and should concern every clear-thinking individual to such a degree that he would put the pressure on our law-makers to do something about it! No one would deliberately take the lives of his friends or family; yet, many pleasure trips have ended in death because some driver drank a little alcohol. Aggressive action to drive alcohol from our highways is long overdue.

Most people do not seem to realize the effect that only two beers or two drinks can have on the driver. The eyesight is blurred, hearing less acute, ability to coordinate inaccurate,

and muscular action delayed. The greatest menace is the drinking driver—not the drunk—because the former has more confidence, is much more impulsive, more inclined to take deadly chances, and is less concerned about the consequences.

We have learned from past experience that half-way measures are not effective in securing the conviction of drinking drivers. Decisive action is necessary.

I would suggest the following in order to do away with the Man of Extinction. There would be a law requiring mandatory revocation of driver's license on conviction. On the first conviction, an offender would either go to jail or pay a heavy fine. On the second conviction, jail sentence of not less than five days would be mandatory, plus heavy fines. If bodily injury results, imprisonment for not less than 90 days, plus very heavy fines, would be the sentence.

The law must not permit bail-outs, suspended sentences, or probation. This law gives judges no choice.

There must be a thorough police examination at the accident scene, using a special examining form for recording information obtained. A law must be passed making it legal to give a blood test at the scene, providing it is administered by a police officer having reasonable grounds to suspect the driver was in an intoxicated condition.

Definition laws must be passed defining just what "under the influence" means. Based on the drops of alcohol in the blood per 1,000 drops of blood, the following would be used as legal evidence:  $1\frac{1}{2}$  drops is certain evidence; 1 drop less certain evidence; and  $\frac{1}{2}$  drop not evidence.

There must be proper presentation of evidence in court, including adequate case preparation by police, prosecutor's office, and any experts who testify.

Before starting to use the blood tests for enforcement purposes in a locality, all details of the procedure should be worked out in advance, and the public "sold" on the program. A carefully planned educational program should be carried on for some time to stimulate interest and obtain support from judges, prosecutors, police officials, and the public in the new program.

If every state in the United States would pass and strictly enforce these laws, I believe that in a very short time our problem concerning the "Man of Extinction" would be solved.

---

## ROBERTS EDITORIAL WRITERS

(Continued from Page 15)

The forty finalists of the program of 1960 were:

Larry Albrecht, Northland College, Ashland, Wisc.  
Beth Archibald, Acadia University, Wolfville, Nova Scotia  
Martha Balen, St. Mary of the Springs, Columbus, Ohio  
Norman Beique, Central Conn. St. College, New Britain, Conn.  
William Burcham, Wartburg College, Waverly, Iowa  
John Campbell, Central Conn. St. College, New Britain, Conn.  
Rosemary Christian, Lambuth College, Jackson, Tenn.  
Allie Dexter Clark, Shaw University, Raleigh, N.C.  
Margaret Cline, Lenior-Rhyne, Hickory, N.C.  
Sister Mary David, O.P., St. Mary of the Springs, Columbus, Ohio  
Diane Di Nuoscio, St. Mary of the Springs, Columbus, Ohio  
Kenneth W. Dobert, Hartwick College, Oneonta, New York  
Alberta E. Dunlap, Acadia University, Wolfville, Nova Scotia  
Gordon Dutile, Louisiana Polytech Inst., Ruston, La.  
Maxie Joe Fowler, Louisiana Polytech. Inst., Ruston, La.  
Edward R. Hergott, St. Thomas More College, Saskatoon, Sask.  
Doris Ernestine Hays, Univ. of Chattanooga, Chattanooga, Tenn.  
Jaret Sue Isenhower, Lenoir-Rhyne College, Hickory, N.C.  
Melvin Johnson, Northland College, Ashland, Wisc.  
Linda Josephson, Northland College, Ashland, Wisc.  
Dean Larsen, Univ. of Utah, Salt Lake City, Utah  
Albert R. Leadaman, La. Polytech. Inst., Ruston, La.  
Norman L. Litzner, Wartburg College, Waverly, Iowa  
Agnes Maier, St. Thomas More College, Saskatoon, Sask.  
Jeannette Birge Manning, Lambuth College, Jackson, Tenn.  
H. C. Moxey, Westmore College, LeMars, Iowa  
Larry D. Nelson, Wartburg College, Waverly, Iowa  
Doris Patterson, Acadia University, Wolfville, Nova Scotia  
Kurt A. Popp, Drexel Institute, Philadelphia, Pa.  
Kathleen Ramey, Cornell College, Mt. Vernon, Iowa  
Sister Regina Ann of Sion, St. Thomas More, Saskatoon, Sask.  
Tommie Richardson, Lambuth College, Jackson, Tenn.  
Trudy Rose, East Okla. A. & M. College, Wilburton, Okla.  
Edward K. Straub, Drexel Institute, Philadelphia, Pa.  
Geori Sundquist, Cornell College, Mount Vernon, Iowa  
Don Garnett Theander, Pueblo College, Pueblo, Colo.  
Robert Ransom Thiele, Northland College, Ashland, Wisc.  
Teresa Timmons, Nebraska Wesleyan Univ., Lincoln, Nebr.  
Becky Wearin, Cornell College, Mount Vernon, Iowa  
Jean Carman Yoder, Mars Hill Junior College, Mars Hill, N.C.

*How arrest  
this problem legally*

## **Headline: Six Dead—Driver Was Drinking**

**By Kathleen Ramey, '62**

**Cornell College,  
Mt. Vernon, Iowa**

**A**MERICA, LISTEN! Listen carefully and seriously to a problem which is invading your lives and destroying your loved ones. You are deeply involved in this problem, some of you are even guilty. Now, don't block your listening mind to what I have to say; open it for a change, be objective. Let's face some of these facts realistically.

Yes, the problem is drinking—drinking and then driving. I'm not going to tell you to stop; I'm going to **suggest** that you let someone else do the driving when you have been drinking. And I know your arguments, too—"Drinking doesn't affect my sense or my ability to react quickly!"—but just stop and **THINK!** No matter what your arguments are, someone is going to prove that you're all wrong, that your senses are slowed down, that your ability to react is greatly lessened, whether you think so or not.

Certainly there are variations, according to your weight or oxidation rate or the rate at which you are consuming alcohol. For example, if you are a 150 pound individual and have drunk no more than an ounce of whiskey in one hour, chances are that an hour or so later, this intake of alcohol would barely register in a chemical test.

But the typical driver will approach the blood alcohol level of 0.05 per cent at which impairment usually occurs on two ounces of whiskey or two bottles of beer and retain this concentration for at least an hour. But if he keeps on drinking, and he takes a minimum of four ounces of whiskey or bottles of beer over the duration of a typical social gathering of two or three hours, he will most likely reach the present

legal level of intoxication, 0.15 per cent, or more frightening, if he stops drinking at this point, his driving will be impaired for another six to ten hours, since after the final drink the blood alcohol level decreases by only 0.015 per cent per hour.<sup>1</sup>

Let's look at some facts concerning the present legal systems regarding drunken driving. Today, law enforcers find it very difficult to arrest drinking drivers under the present law which states the offense to be "driving under the influence of alcohol" or "driving while intoxicated." Rather general and unexactng statement of law, isn't it? Many drivers pass the judge's stand not guilty though they were substantially impaired.

Are these laws adequate? If not, what can be done to improve them? No, certainly the laws are **not** adequate when we know that even minor impairment from alcohol causes accidents. The blood alcohol level in most states must be 0.15 per cent or more before a driver will be arrested for drunk driving. Yet tests prove that considerable impairment occurs at the level of 0.05 per cent alcohol in the blood. The problem boils down then to the fact that too many drivers are on the highways sufficiently impaired to cause accidents, but are not being arrested.

William Plymat of Des Moines, Iowa, sets forth a program to solve this problem of drunk driving, a program which, in my opinion, is very sound. Briefly, he outlines five points in his program. First, he suggests that the offense for drunk driving be stated in terms of a blood alcohol level. For example, it is illegal to operate a motor vehicle if the blood alcohol level of an individual is 0.05 per cent or more. Second, Plymat advocates an "implied consent" to chemical tests for proof of driver impairment due to alcohol. This would involve the agreement of the driver upon receiving his license to operate an automobile that a test for alcohol may be demanded and if he refuses he would lose his license for a certain period of time. Third, Plymat would have an integra-

---

<sup>1</sup>Paul W. Kearney, "Driver Had Been Drinking," **Reader's Digest**, 75: 41-5 (October, 1959)



tion of these offenses with point systems in which a certain number of points would be assigned for each violation and after a driver reaches a certain amount, he would be penalized more heavily, such as a jail sentence or withdrawal of his driver's license. Fourth, "unusual techniques of enforcement" are suggested by Plymat. He gives as examples, that police patrol cars be equipped with a tape recorder to record talking of defendants; that motion picture coordination tests be available. With these devices the offenses may be defined even more sharply. And last, Plymat, an insurance man himself, asks the insurance industry to take action, for example, by raising premiums on drivers who have had drunk driving offenses or by withdrawing insurance for more serious offenses of drunken driving.<sup>2</sup>

This plan for arresting drunk drivers has been set forth by someone who sees the damage that is being caused on the highways by alcohol. And in a case like this, it is the duty of our state, of our country, to give up some of our own personal satisfactions for the welfare of others, or as Mr. Plymat states more effectively, "—in the interest of protecting the public, everyone of us has to 'surrender' part of his own 'personal liberty' to the general public."<sup>3</sup>

---

<sup>2</sup>William N. Plymat, "A Program of Effective Action . . . To Curb the Drinking Driver and to Save at Least 6,000 Lives Annually," (1959) Preferred Risk Mutual Insurance Company, Des Moines, Iowa, p. 12

<sup>3</sup>*Ibid.*, p. 14

---

## CREATIVE COOPERATION

### Vision of the Future

(Continued from Page 7)

legiate School of 1957 at Nebraska Wesleyan University, were sitting there were two Stockholm students, members of S.S. U.H., the Swedish student organization that is leading in the study of the alcohol problem in the universities, colleges and high schools of the country and which holds an annual summer

conference similar to the one we are now attending here at McMaster University in Canada.

These university students of today, and many alumni members of S.S.U.H. were active leaders in the Congress. Among the speakers, the administrators and the chairman of the sectional conferences were many who, years ago, when students in the local or national organizations of Sweden, Norway, Finland, Germany, Switzerland, Holland, and elsewhere, had helped to organize in 1920-21 the World Student Federation Against Alcoholism of which Dr. Courtney Weeks of London, was president for twelve years, students from different countries each year were secretaries, and this panelist was International Education Secretary.

Equally suggestive is it that as much as thirty or more years ago, the Scandinavian student groups were questioning seriously and scientifically the alcoholic culture of that day and advocating a new non-alcoholic culture that was spreading slowly as a result of scientific education and other activities. They promoted it as one that would yield greater happiness than the current drinking customs. They proved this concept in their enthusiastic programs of singing, folk dancing and joyousness that marked all their social activities. This concept stood out vividly at the Karlstadt S.S.U.H. summer conference that Mrs. Warner and I attended in 1920. Even then these future leaders of their country had caught the concept that life could be fully satisfying and happy without the synthetic aid of a drug. So they began to live a new pattern notwithstanding the majority prevalence of much social drinking as a mark of academic life.

So there was woven into the background of the main Congress and its organizing leaders in the Scandinavian countries, both the understanding that progress toward the reduction of alcoholic disorders and of a many-sided cooperation from many constructive approaches should work together—rather than as rivals. As a result scientists who are so strictly scientific that they don't want to associate with temperance leaders, and the intermediate scientific minded who search for

the truth they greatly need to carry on their psychiatric—or other—desperate jobs of rehabilitation, the preventive educationalists, the moderationists of varying degrees, positive temperance people, and total abstainers shared in the program and creative results of “Stockholm, 1960.”

---

## DEVELOPMENTS IN POLAND, CZECHOSLOVAKIA, RUSSIA

**By Dr. John Linton**

**I**N PREPARATION for the Congress, Dr. Linton had visited the specialists dealing with alcohol problems in Prague, Warsaw, and Moscow.

He said: I was there to meet the people working in this area. The journey started at Prague, a lovely old city which goes back to the tenth and eleventh centuries.

Here I met a naval doctor who is working with alcoholics. He took me to the University of Prague, where a leading scientist, recently recognized by his government and given a medal for his services in the field of science, is chairman of a Commission that has been set up by the government. It is a very prominent commission having on it people of high prestige in the state. They are now setting up a research project on the Alcohol Problem. The medical doctor who is responsible for the rehabilitation of alcoholics took me through his clinic. It is what we call a mandatory clinic, that is, people come for treatment, go away, come back again. It seeks to rehabilitate them in their homes and on their jobs. It is well run and has adequate money from the state. If a patient cannot be helped by this treatment, he is taken to a delightful estate, thirty miles in the country. I was put into a taxi with the doctor and away we went. There was a stone wall around this lovely old estate of many acres. At the gate we were met by a white robed gentleman signifying medicine. We toured the building and were shown all the facilities. They have forty patients. Through a window on a rear court we saw them in shorts, playing volley ball and showing signs that they could kick the ball as well as hand it. We had lunch with them and

the doctor. It was a well-run institution. These patients can go out to work on a farm near-by or into town.

How do they do this without the aid of police? They use the famous drug "antibuse." Antibuse is not a cure drug. It is a crutch drug to help the weak man who cannot rise above his difficulties. It is used for the moment in the hope that later he will be able to walk. The men know that when they take this drug they cannot take alcohol; if they do they get deathly sick. As they take the pill daily they can go out on the farms daily and work. The clinic is not anxious for them to get back to the city until they have received from one to six months treatment, depending on the rapidity of rehabilitation. Finally they are sent back to their jobs and families.

I saw very little drunkenness in Prague. The emphasis culturally was toward a weak beer and away from fortified wines and hard liquors. They have put the price of hard liquor high and of weak beer very low. This they can do in a communist society. When the directive comes from the higher ups, this sort of thing must be done, or the propaganda of the whole state goes into action. It is not that the police are going to arrest the drinker, but that everything, radio, advertising, T.V., make the impact upon him that he is not to drink and that drunkenness is an anti-social act. The whole social pressure is against drunkenness, and it has its impact, there's no doubt about it. They can change a drinking pattern, I think, in three years.

### **Warsaw, Poland**

In Warsaw we found a government commission with funds to support it, doing research and rehabilitation of alcoholics. A young Polish doctor is director of a downtown clinic with a medical set-up and in a medical situation. He had quite an establishment, quite a bit of money and a good staff. They were using antibuse. If the patient would not take this milder form of treatment there were facilities for isolating him from his friends and fears, to see if they could rehabilitate him.

The thing that struck me most about Warsaw is that

they had a "Black Maria", as we say, in some cities that picks up the drunks, takes them in, keeps them over night, and sends them away with a \$5.00 or \$10.00 fine. In Warsaw they changed this system. The "Black Maria" picked up the drunk, but brought him to a special hospital in an old barracks. When he was charged he was in the hands of the police, but when he crossed the threshold he was in the hands of the doctors. It was a medical concept, not a penal concept at all. But of course, if he became aggressive, or had D.T.'s they were quite firm with him. They have ways of tying him in bed to keep him from striking at them or trying to kill the things he is seeing. It struck me that they are pretty severe. Certainly our clinics wouldn't do that. We have milder, and I would say, more up-to-date ways of doing it. But the interesting thing was that these arrested drunks did not go into a penal situation, but a medical.

### **Moscow, Russia**

When we got into Russia, I felt that they are really going to town on the problem. They are concerned and interested. Talking with the people in our embassy, the Canadian, I learned that there had been a great change in the drinking problem in Moscow over the last ten years. There is not much vodka drinking. You get a bit of it in the swanky hotels where some people who have the funds indulge. But generally speaking across the city and across the culture the Russians are no longer a drinking people. This has been accomplished by an old procedure, the price of vodka is up and weak beer down. A new beer that has appeared on the market is very cheap. They make it available in tanks on two wheels on street corners. It is flat, insipid; there is no sting. They call it a "near beer." It is the popular drink of the masses. Another thing they have done is to put up our automatic machines, whole rows of them—in the parks and public places. This is another way of getting the people to turn to soft drinks, fruit juices, tea and coffee. This is changing the pattern. It means no doubt that in the next ten or twenty years, they may have a very low rate of alcoholic incidence. However, they have alcoholics in their clinics.

## "TO BUILD A FIRE"

(Continued from Page 14)

in Brooklyn now. I never knew him before, but he claims he was really bad. Now he's so grateful to A.A. for helping him that he does volunteer work for Intergroup — that's the coordinator for all the groups in the New York area or something like that. Also helps out at some A.A. restaurant on the West side.

"He said he never graduated from elementary school. He was the youngest of ten children. You know what he said to me once? 'I was the black sheep of the family. All my brothers and sisters turned out good, but me, I drank. I slept in the street because I couldn't go home and face my family and have them harp at me.' This 'ole guy had started drinking after he had been in the army. He had an injury from scrap. During the time of the thirteen operations, he drank to ease the pain. When there was no pain he still drank and told everyone he was still in pain. He has been off liquor for fourteen years now. He's a real honest guy, but he don't talk about it too much, but I do remember him talking to me like in private. He trusted me. He was a Bowery bum. He drank in all the places. Used to sit in Bryant Park behind New York's Main Library. You've heard of sociable drinkers. Well, he said he was an unsociable drinker. He would go off and drink by himself in the park — and fight off all the bums who wanted a drink. He said he didn't realize that he was a bum himself. He used to sleep out there. One night he put his jacket under his head and slept. When he woke up, his jacket and shoes were stolen. It was freezing cold out too. All the drunks and sex perverts hang out in Bryant Park at night. In the Bowery he slept in hallways. He knows Grand Central too. When he could not get enough to drink to keep himself warm, he slept in the station.

"Anyway, this A.A. thing really helped him. He never touches a drop. Won't even go out for a beer with the boys after work."



"That's good. I still wonder what this dame is like."

"Yeh, I seen her around here. Do you know Ned?"

"No. Which one is he, Slim?"

"Well, I can't describe him. He's been drinking here about a year. One night, I got depressed and came down here for a few drinks. Ned begged me for some money which I gave him if he'd talk to me for a while — and let me tell you — did he ever talk. First I listened to the story of his life, then to the tribulations of being married to a non-drinker. He ended the evening by giving me a history of all the bums who were present in the bar then, after pointing them all out to me. That's how I know about this one, that she's always bragging that she's a lawyer. Ned don't believe her, but she's supposed to think she's really hot-stuff. He don't like her much."

"Wonder what kind of life she leads down here."

"Eh, she's probably like the rest of them. They all wander over the Bowery — you know, the diamond center of the world, and the derelict center of New York. She's begged money for meals and liquor from people in the street. When she eats, if she eats, she receives a luxurious meal at the Salvation Army or various other gospels of the Lord which dot the area. I'd bet you a million bucks that many of her fellow Bowery bums have been on the top also, and fell to rock-bottom just as she did. Probably stands in doorways just as the rest of them do. She probably begs for money just as the rest of them do. She's lost all her self-respect just as the rest of them did, and she doesn't care, just as the rest of them don't. When she finally does get enough dough to buy liquor, she probably purchases a bottle and sits on a doorstep or a bench in the park, just as the rest of them do."

"Hey, we better be quiet. She can hear us — if she feels like it."

"I don't know. She don't look too good."

"No, but here comes the cop."

"Thank you, boys. I called A.A., and they are sending a member down here right away."

# An Introduction To The Sources Of Alcohol Problems

**F**EW OTHER BOOKS, if any readily available, offer such clearly written, objective, and scientifically based studies in popular reading style of the final sources of the problems and excesses of alcoholic drink in modern society, as does "The Liquor Cult and Its Culture", by Harry S. Warner. Dr. Warner is author of an earlier book, "Social Welfare and the Liquor Problem", that went through seven editions some years ago. The "Cult and Its Culture" is strictly an outgrowth—and concrete application of the recent results of scientific research and the realistic approach so necessary today.

From a background study of fifty years of alcoholic cultures in many countries, classes, and social groups, this book seeks to understand the main sources from which come the 5,500,000 alcoholics, the drunkenness and the social disorders that are found too often wherever the drink tradition prevails generally. It offers a "modern approach" study of the problems that center in and go out from the social tradition of beverage alcohol.

"It is sound, well-balanced and scholarly . . . the fullest explanation of the question from a cultural view point I have seen," wrote Dr. Clarence E. Patrick, Sociology, Wake Forest University. "In the final chapter 'Outgrowing Alcohol Culture'," wrote a critic in "The Christian Advocate", "foresees in the long run an enlightened mankind putting away alcohol as a toy of its racial childhood."

The book could serve as a reading source and outline for a series of discussion groups on the basic sources of the problem. Prices \$1.35 and \$1.00 — 12 copies for \$10.00 for group purposes. The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

# **THE ROBERTS EDITORIAL AWARDS OF 1960-61**

**\$2,050 in Cash and Scholarships.**

**THEME: "The Role of Alcoholics Anonymous  
In The Community"**

---

## **THE INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES (1961)**

**The Twelfth Annual**

**McMaster University, Hamilton, Ontario**

**August 26, Saturday through August 31, 1961**

**A Summer School Project in  
Understanding for College  
Students and their Leaders.**

---

## **ANNOUNCING THE 1960 REVISED EDITION of**

**"Basic Information on Alcohol," by Albion Roy King**

A NEW EDITION — the second revised — of the best-known, objectively-written book covering practically all the main aspects of the Alcohol Problem, "Basic Information on Alcohol," has just been issued by the Cornell College Press, Mt. Vernon, Iowa. Already it has had wide distribution for educational purposes. This book is of particular value for college group discussion and as a text for teachers purposes. Price: paper \$1.50, cloth \$3.00.

**Address: The Intercollegiate Association  
12 N. 3rd St., Columbus 15, Ohio**

---

---

2 19352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1799 SCENIC AVE.  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# Student

## *Digest of Alcohol Studies*

### *In This Number*

To Build a Fire; A Study of A. A. ....	35
Creative Cooperation at the Intercollegiate School of Alcohol Studies .....	45
A Daily Seminar Group at the School .....	48
Liquor and Minors .....	53
Are Control Laws Adequate? .....	55
For Control of Liquor Advertising .....	57
Escape from the Unknown .....	59
New Cooperative Commission Proposed .....	62
The Roberts Editorial Awards of 1961 .....	64



how  
concerned  
are  
you  
?

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

November, 1960

Vol. 58, No. 2

## That Endless Column

### A Tragic Social Need

ONE OF SOCIETY'S most tragic errors is treating alcoholism as a penal problem rather than as a health and social problem. Under this erroneous thinking, compounded of ignorance, indifference, and inhumanity, an endless column of human beings in need of decent care and highly specialized treatment passes through our well-named common jails, convicted of drunkenness, vagrancy, disorderly conduct, and similar offenses.—Austin H. McCormick, Professor of Criminology, University of California.

#### FORM FOR BEQUEST

To The Permanent Education Work of the Association

"I give and bequeath to The Intercollegiate Association for the Study of the Alcohol Problem, the sum of \$....."

The Association is incorporated as a non-profit corporation in the District of Columbia, Washington, D.C.; the office of the Association is at 12 N. Third St., Columbus 15, Ohio.

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# "To Build A Fire"

by Susan V. Granat, '62

A College Student  
Studies Alcoholism

Vassar College,  
Poughkeepsie, N.Y.

*"I have here attempted to expose the whole problem of alcoholism — the innocent beginnings of it, the seriousness of it, the wide range of its victims, the results of it, and the sufferings of it."*

## Part II "SEEKING RECOVERY"

(Me, what am I doing here? These people, who are they? Are they my friends? This room, am I meant to be here?)

"Hi Jean, how are you?"

"Fine, thanks."

"Have some coffee . . . oh, there's Janet Woodrow, a new member. Let's go talk to her. Janet, come here a minute. I want to introduce you to Jean Gilson, sometimes called Gilly in private. There, now I've given away a professional secret, but remember, Janet, this thing is anonymous so Mums the word . . . Here's your coffee."

(My God, Janet can't be more than twenty something. She's beautiful. In her twenties and already in A.A. When I was that age, I was just a heavy drinker, smart alecky woman lawyer, who hit success too fast—and failure too fast. She's already so happy, and so cute.)

"How long have you been in A.A., Janet?"

"Two months—this is my first meeting in New York though. I was in Chicago a few weeks ago."

"Are you married?"

"No, I'm going with a fellow, though, on whom I have my beady eye. Gilly, there's a man beckoning to you."

"He's Jerry Conelly coming with his wife, both A.A. members. I'll introduce everyone."

---

See Sept. "Int. Student" for Part I, Febr. '61, Part III.

November, 1960

35



"Hey, Gilly, I heard the old wind bag is speaking tonight."

"Yeh, Jerry. You couldn't escape me much longer. I've been in here a whole year now. I guess the inevitable time has come. You lucky, lucky dog."

(Actually, I'm really scared. Can I trust these people with my story? They've all trusted me with theirs, but I'm not sure I want to give away my life's history. God, I wish Jim were here, but I asked him not to come tonight. He knows the story all too well . . . I've got to be alone right now. I'll take a seat in the back while everyone mingles. After the meeting, it will be like always. I'll laugh and howl just as if I were still drunk—and play piano. I'm just not in that kind of mood now . . .

This room, a year ago, just as it is now, people wandering around, greeting each other . . . a whole year ago, a whole year . . . )

"Hi Marjorie."

"Lucy, I'd like you to meet the new member I am sponsoring. This is Jean Gilson — Lucy Greene."

"Hi — Go relax, Marjorie. I'll introduce her to the gang."

"Thanks, I want to meet everyone."

"O.K., Jean, let's see. Number One targets. Ed and Don — great fellows. Ed, the good-looking one, is secretary of our Bay-River group. The thin one is Don. — Hey, Boys, c'mere a sec. I want you to meet Jean Gilson. Marjorie Simpson is her sponsor."

"Hello Jean, you're in luck. Marjorie Simpson is the finest person you'll ever hope to meet."

"I know that already. Is that an Ohio State ring, Don?"

"No, it's Harvard."

"Oh yes, Veritas. Will you sing the Harvard fight song?"

"Not me, I can't sing. Instead, I'll give you some pamphlets on A.A. and its work. They may give you a clearer understanding of what we do. Can you excuse us a minute, Jean? We serve refreshments tonight. We're just glorified water-boys, not bartenders, at least. It won't be long until the meeting starts. Why don't you sit right here."

"My name is Mary Goodwin, and I am an alcoholic. I almost didn't get here today. The snow is six inches deep, and I had to come all the way in from Scarsdale. Well, I made it.

"The main speaker tonight is an old friend of mine, George Duncan. He has been my guiding light in A. A. When I mentioned to him that I wanted to join A.A. his wife had laughed at me. Then Mrs. Duncan hung up my coat and noticed three empty bottles in the pockets. And they realized that I was serious about joining A. A. George will speak now."

"My name is George Duncan, and I am an alcoholic. I started drinking at quite a young age, like everyone else. When I started drinking, it was all fun, a hail-fellow-well-met. Then I found that I came to depend on drinking more and more, and drank a great deal. My wife tried to help me, but to no avail. One day when I was lying drunk on the floor I let her call A. A. As soon as the two members arrived, I said that I wanted to give up drinking. I then excused myself to go to the bathroom, where I had hidden a secret bottle. Well, I had a few snorts and returned to the living room tittering, The A. A. members walked right out because they realized that I really didn't want help. It was right after that that I started missing time from work. I was called in by my boss who wanted to know what was up. I told my boss that I was sick. I said it was my malaria which I had contracted in the Carriibbean during the war. Boy, if I wasn't an alcoholic when I went there, I sure was when I came back.

"A few weeks later I went to a sanitarium for five days. When my wife drove me down, I excused myself to make a telephone call and went into a bar and became extremely drunk. At the sanitarium I didn't drink, but within an hour after my dismissal, me and this fellow next to me were lying in a bar again. My A. A. sponsor had long since given up on me. Soon I was called into the medical office of my business. The doctor diagnosed me as having extreme nervousness. I was sent to another sanitarium and was put in with extremely nervous patients, not with the alcoholics. I still would not admit being one myself. 'This couldn't happen to me.' The alcoholics

were helped gradually by being taken off liquor slowly. In the nervous ward, I was given no liquor. However, I found a way to get it. Randy, a patient-alcoholic there obtained several drinks a day for me. One day I was gaily shaving in the morning, waiting for Randy to show up. No Randy! One of the doctors came. When I asked where Randy was, I was informed that this was Randy's day off, and that Randy worked there and wouldn't be back for two days. I was frantic. I got up and left the sanitarium. The next few months were spent in one bar after another. One day my wife learned of a sanitarium where one stayed for five weeks. I agreed to try this. For three weeks I managed to stay sober. Then I discovered that by climbing a hill and scaling a wall, I could leave the place and go to a bar. I spent a week and a half doing this and fooling the doctors. At this point I decided that the whole thing was silly, and I might as well leave. I told the doctor I simply had to return to the office. The doctor begged me to stay. I finished the week and left. I drank again for several months. Then one night I blacked out and woke up in a strange place. I turned to the man next to me and asked where I was. The man answered Bellevue. 'Oh God,' I thought, 'if you don't know the day of the week in this place, they send you upstate somewhere for nine years.' Much to my chagrin, the man next to me didn't know the day of the week either. The doctor came in and began asking the men to get and walk across the room to answer questions. I cringed because I didn't want to get athlete's foot. The doctor asked me all sorts of questions. My main thought was getting out of there. The doctor left the room, and with no regard for athlete's foot or the fact that I didn't have any clothes, I left the hospital. A few hours later, I was drunk again. I returned home and talked to my wife. She called A. A., and I decided to go. A friend drove me out to the hospital. On the way out, my friend realized that I needed a drink and bought me a shot of gin. That was my last drink. That was eleven years ago. Now my old pal, Mary Goodwin, will speak."

"Thank you, George. Let me see—my story. I started drinking when I was first married. I was an extremely jealous bride. When my husband looked at another woman, I would go into a panic. Then I took to the bottle. Whenever we went to parties, I would start out by watching him, then would go off and get drunk. Soon I found that he was watching me, I became the life of the party. People adored me because I could always be counted on to get drunk. Then we moved to Scarsdale. I didn't want to be a suburban bride. I didn't want to lug my children to school or my husband to the station so we bought a house near the church and school. After a few days, a blonde began to come after my husband in the morning. This made me very jealous. I decided to drive him to the station myself. I didn't drink too much when I was bearing children. I was too happy. Then I got the fat of middle age and began going on diets. One of the diets was called a port diet. It consisted of a certain number of calories and a couple of glasses of port per day. Later I noticed that the port was being increased more and more. The port became the main part of my intake. I drank it all the time. Lastly I began getting extremely tired. I was drinking a horrible amount. When I realized how dependent I was on alcohol, I appealed to A. A. for help through George. Now I'd like to introduce an old favorite of ours, Francis Stein, who made a great sacrifice to speak tonight. He has come directly to the meeting from the hospital where his son has just been taken with pneumonia."

"My name is Francis Stein, and I am an alcoholic. I started drinking like most people in my teens. I had a few, got sick and slept them off. Soon I started drinking more frequently. I got married and went into the navy. It was there that my troubles really started. I drank all the time. If I had guard duty, I would search the sailors for liquor, take it off of them and drink it myself. When I left the navy, my wife left me, and I was stuck with four small children. I tried to care for them, but it was hard. Then I decided that the only thing I could do was kill myself. I bought a package of six-packs, drove out in the woods, let the motor run, and slept. I woke to find myself alive.—Well, what do you know!—I had forgot-

ten to hitch something. I drove into town, got another six-pack, drank them, but I found that I could not go through with the suicide attempt. I then committed myself to Lima State Hospital for a few days. When I was released, I started drinking again. I met another woman, and I married her. One night I went to my father-in-law's house. I brought two six-packs with me. (I had already drunk one.) My father-in-law and me drank these, then went out and bought two more. When I left, instead of going home, I went to a local tavern and drank. On the way home, I landed up in a very serious accident. I wasn't expected to live out the day. Two days later, I contracted pneumonia, and I wasn't expected to live then. I lived—No kidding!—my whole leg was in traction. I kept asking my wife to bring me liquor, but she wouldn't. So I asked the man next to me, who owned a tavern, to get some. After the man left, I told my wife that the hospital was giving me enemas, and that beer would cure the need for them, so my wife brought me beer. When they took my leg down, it turned black and half my calf had to be removed. I was in the hospital several more weeks. After I got dismissed, I just lay around the house. If I went out, I ate at the drive-ins, but when I wanted a drink, I managed with the aid of a brace and crutches to go into a bar. At the end of the summer, I returned to work but drinking was still a problem for me. I lived in taverns. Later I went back into the hospital for another operation on my leg. Again the man next to me just happened to own a tavern. He obtained drinks from his wife, and when the tavern was closed, he had a friend bring liquor in a taxi. When I was dismissed from the hospital, my wife threatened to leave me. I got scared and came here. With the aid of A. A., I became sober. Now I'll turn the meeting over to Ed Jensen, the secretary."

"Thank you, Francis. I'd like to end the meeting with this choice morsel. An alcoholic has two choices. He can go crazy, or he can die. If he goes crazy, then he has nothing to worry about because God takes care of people like that. If he dies he still has two choices. He can go to Heaven, or he can go to Hell. If he goes to Heaven, He doesn't have anything to worry about, but he probably won't if he drinks. And if he

goes to Hell, he has one worry—Where in Hell is he going to get a drink?"

## AN A.A. MEETING ON THE BOWERY

"I have a few announcements to make before the meeting is over. Next Monday is Joe Fleming's fifth anniversary in A. A. Tuesday's meeting will be held at the New York State Pen. All you men are invited, but the ladies will have to keep the home fires burning. Thursday, Alice Minton's twelfth anniversary, the meeting will be held at Goodlands Hospital. The rest of the meetings will be held right at home." . . . After the Lord's Prayer, refreshments will be served.

... "AMEN" ...

"Jean, could I talk to you for a few minutes?"

"Sure Marjorie."

"There are so many people with problems tonight. I want to help them so much, but I don't know how. Don said take you home after the refreshments. I think I'll stay a while and see what I can do."

"But Marjorie, I want to help too. I know I've been in A. A. only a short time, but I want to do something useful. I remember your own words just last week, 'I want to work in A. A. because it has helped me, and I want to help others.' Please let me, Marjorie."

"All right, go talk to Clarence over there. I don't know what's on his mind, but he looks near tears. Thanks so much, Jean."

"Clarence, want some coffee or tea, maybe a cupcake? Here are some cookies. Take one."

"Thank you. You know, I've been in A. A. seven years—cold sober. All of a sudden, I wondered what would'a happen if I was to take another swig right now. God, I sure am glad you ambled over, Jean. I think I would have walked out of here into that bar a few blocks away. It don't close until later. But then I looked up at the signs there. 'Think,' (and I thought 'NO'), 'Live and Let Live' (so I just sat me down here to sweat it out), 'Easy Does It' (so I relaxed) . . . Hi



Gerald, come join us for a chit-chat."

"Don't mind if I do."

"Yep, Gerald is my brother, Jean. Gerald worked his way through college, and silly Clarence quit school after eighth grade, so Gerald started to drink at eighteen in college after class while Clarence started at fourteen after work. You know, in some places, it's easier to be eighteen in a bar than sixteen in an employment office when you're fourteen."

"Well, Clarence and I with my degree both landed in the same place anyway."

"Where did you go to college, Gerald?"

"The University of Vermont."

"What did you major in?"

"I started with engineering, but then I switched to selling. After college I sold. As I was my own boss, I drank all the time. I landed in the Bowery while still in my twenties. I've been in A. A. several years. Now I'm a truck driver. Some day I hope to return to selling, but not in the near future. I still don't have the confidence in myself to be my own boss again. Boy, those were the days—those drinking days. I got married after a while. I can't honestly see why that woman married me because I was already in the throes of alcoholism then. We lived in Pittsburgh. She always wanted to go to cocktail parties. I wanted to go out with my wild crowd and booze it up. Our parties always turned out to be drunken orgies. Whenever I did consent to go to a sweet cocktail party, I'd say to my wife, 'If I go, you must promise not to make me leave it.' One time she took a taxi home, and I came home two days later. After a time we got divorced. Following that I came to New York. I worked off and on. I started having blackouts—bad ones. To the world, I acted perfectly normal, but I had no idea what I was doing during those times. During one blackout, I must have wandered nearly half-way up Park Avenue because I landed in a swanky apartment. The doorman, so I am told, called the police for I woke up in a jail cell. When I got out the next day, I got a job on a boat. I've been around the world three times."

"Oh, how exciting! Where have you been?"

"I don't honestly know. I never saw anything. I stayed a long time in some places because I got so drunk I missed the boat. All I ever saw in those foreign places were the—pardon the expression—brothels and bars. All I wanted was sex and drink, mainly the latter, though not entirely. I'd enter a port, pickup a prostitute to have as a drinking companion. I wanted to drink with someone, and it was only natural that I should prefer the company of women over men. Finally, I landed back in New York where I began a long series of waking up in the New York City jails. Whenever I couldn't get a drink, I got alcoholic shakes. They were the worst feelings anyone can ever experience. My whole stomach would jump, and I would fling myself on the floor in pain. Whenever I got out of jail, I would rush back to the Bowery again and drink my fool head off. Finally, one night in jail, I started getting D.T.'s (delirium tremens). I would imagine that people were choking me. I honestly and truly believed that these people existed. I'd also see all manner of wild animals threatening me. Then after a binge ending in jail, I decided to leave New York for a spell and dry out—not stop drinking permanently—horrors, no—just temporarily. I hitch-hiked with \$1.50 in my pocket and the clothes on my back up to some small town in upstate New York. I started drinking as soon as I arrived there. I landed in jail, of course. There was a small A. A. group there, just getting started. A member came to visit me. He took me home and put me in a clean bed—my first in years. Then, boy, did I ever get a case of D.T.'s! Those old beasts were chasing me again. Several A.A. members had to keep vigilance in the room all the time because I was trying to kill myself. Finally I calmed down. I was so unhappy and discouraged then that I decided to leave alcohol for good, and I meant it. Here I am! Well, we'd better leave, Clarence. I have to get up at 6:00 A. M. for work tomorrow because the company makes the men work on Saturday to keep them from drinking.

"Hi Don."

"Hi Jean, Clarence leave O. K.? Marjorie said he was a bit upset."

"Oh sure. He's fine now."

"Say Jean, would you like to go to the 24-Hour Club with me? I go there after every Saturday meeting. It's a Saturday night dance room for sober alcoholics."

"Well sure. I'd love to go, Don."

### Out from College

"This is a nice place, Don"

"I enjoy it. That's why I come so often. Where'd you go to college Jean?"

"Connecticut. That's where I really started to drink."

"Me too. Oh those college days. **Four Roses** at the football game. Worse than that. I once went down to Vassar, plowed out of my mind. I staggered in to see my date. When she saw the condition I was in, she ditched me, but at that point I was so bombed, I didn't care. I stuck a stick in the spoke of the wheels of the campus cop's bike and he fell over head over heels on the ground. He and all the other cops started chasing me. I ran into one of the dorms and pressed the buzzers to all the girls' rooms, indicating that they had a telephone call. After that I picked up a girl who was out for a walk in the middle of writing a term paper. She was so scared of me she ran off, after refusing the Purple Jesus I kept offering her. I ended my evening at Vassar by racing through the Spring Dance, yelling "It's a raid. It's a raid." After that night I was persona non grata at Vassar.

"Well, I made it through Harvard although I was called in by the administration and told to let up on the bottle . . . but it was marriage and the army that really messed me up. My wife graduated magna cum laude from Radcliffe. She drank a lot too, and I divorced her. She hasn't stopped drinking yet. . . . Gosh, it's one o'clock—closing time. I'll take you home. Where do you live?"

"Thanks. I'm staying at the Henry Hudson Hotel for a few days."

I can't honestly believe I can be as happy as I am now.

(Continued on page 52)

# Creative Cooperation

**In the Intercollegiate School of Alcohol Studies  
At McMaster University, August 20-25**

**“W**HAT IS NEEDED in schools is not alcohol education, but alcohol re-education, a new system of values, in order to re-educate the student, to change his values and concepts, and modify his feelings and actions,” said Robert Regan, Jr., Dean, at the close of the week at McMaster.

“A man lecturing on elephants will point out that an elephant has a trunk . . . it can be put to work for you, or used to crush you to death. One group of his hearers may organize to destroy all elephants, another to preserve elephants. That is their choice,” said Dr. Wayne W. Womer, in one of his lectures. And he added:

“Nevertheless a sound educational approach, a realistic program, and an attempt to show a better way of life will bring about the fall of the alcohol empire.”

The Intercollegiate School of Alcohol Studies, sponsored annually by the Intercollegiate Association, was held this year for the fourth time at McMaster University, Hamilton, Ontario, Canada, August 20 to 25 inclusive. Attendance by students, for whom it is organized, was 55—one of the largest yet held. Many of these students are leaders in their college communities. They came from widely representative areas, such as: Acadia in Nova Scotia, the University of Manitoba, the University of Georgia, St. Augustine's in North Carolina, Northern Oklahoma College, William and Mary College, Virginia, and East Carolina, Greenville, N.C. The largest number were from Virginia, Ontario and Ohio.

The program, a very substantial one, included daily lectures by some of the best qualified scientific and educational specialists on the problems of alcohol today, on such current themes as “Basic Information” by Dr. Albion R. King that included (1) “The Effects of Alcohol on Human Personality”, (2)

"Stages of Intoxication," (3) "Motivation for Drinking" and (4) "Responsibility and The Use of Alcohol."

Other speakers brought the latest available knowledge on vital current aspects, including "What Constitutes Alcohol Problems," Dr. Wayne W. Womer; "Alcoholism in Industry and Business," Dr. John A. Linton and a panel; "Social Implications of Intoxication," and "Alcohol on the Campus Scene," Dr. Carl A. Nissen, Sociologist, Ohio State University; and "Morality, Mental Health and Education" and the religious aspects of drinking by J. Robert Regan, Washington, D.C.

A new feature was the panel report by three students who had won "Finalist" awards in the Roberts Editorial writing program of 1960—Mrs. Margaret Cline, '62, Lenoir Rhyne College, North Carolina, winner of second highest International Honors; Miss Doris Patterson, Acadia University, Wolfville, Nova Scotia; and William Burcham, '63, Wartburg College, Waverly, Iowa.

Three members of the staff, who had attended the International Congress at Stockholm, Sweden, in July, reported in a panel on developments in research, growth in educational activities and the rehabilitation progress being made in European countries in efforts to reduce and control alcoholism.

Outstanding in close personal discussion by the students were the daily Seminar groups led by Robert Regan, Dave Alkire and Henry Langford. In these groups, held quietly and exclusively for students, is doubtless, where the creative and long-lasting thinking regarding the whole problem and its implications to the life of young adults occur each year.

An afternoon and night tour by the School to Toronto included the Mimico Penal Rehabilitation center for alcoholics and an Annual Night with an A.A.'s group in Toronto. Here at the city Y.M.C.A., fifty alcoholics held a regular session with life stories by typical members, then shared their experiences with small groups of students in intimate conversation, until compelled to leave for the forty mile bus return to Hamilton.

The School closed with a banquet set up by Dr. Linton and interested citizens of Hamilton.

At a business session of the International Council, three students were chosen for membership on the council, Stephen R. Anderson, William and Mary College, Virginia; Lois Henry, University of Toronto, Ontario; and Judy Casselton, Toc Alpha, Simcoe, Ontario. It was decided to return to McMaster for the 1961 Intercollegiate School, beginning August 26.

### Quotes From The Speakers

Dr. Womer predicted, that "on the basis of present scientific knowledge of drugs, alcohol would be outlawed by the 21st century." He said that this knowledge would produce a race of supermen who would stress physical fitness, reject alcohol, and get thrills from new tranquilizers.

He said that "there is less and less use for liquor in any form and that by 2000 A.D. the human race would naturally turn against it in a battle for survival of the fittest."

"The well-dressed rich drunk usually comes off better than the poor drunk; the rich drunk's friends take him home, whereas the poor drunk usually collapses in a ditch to be found by the police," said Gordon Patrick, Secretary of the Hamilton branch of the Alcoholism Foundation of Ontario.

Asked to compare the drug problem with those from alcohol, Dr. Womer said, "The alcohol problem is far worse. Drug consumption is at a minimum because of the governmental and police action taken to control it. It is to be regretted that something of the same nature cannot be done for the alcohol problem."

"Governments are beginning to use their liquor profits to solve **problems created by drinking**," said Dr. John A. Linton.

"Any drinking driver is a potential murderer and should be **treated as such**."—Wayne W. Womer.

"Chemical tests for drunkenness should be compulsory."—Dr. John A. Linton.





INTERCOLLEGIATE SCHOOL  
McMaster Unive

## **A Daily Seminar**

**At The Intercollegiate School**  
**By Lois Henry, Secretary**

Suggestion for a local  
college group.

University of Toronto

**W**E HAD A VERY SUCCESSFUL series of discussions at McMaster under the inspiring guidance of the Reverend Robert Regan.

On Sunday morning we began by introducing and telling a little about ourselves, our colleges and our sponsors. Then in the short time remaining before church, we drew up a list of twelve questions we wished to include in our discussions.

Commencing on Monday afternoon with the definition of



**ALCOHOL STUDIES, August 1960**  
Hamilton, Ontario

an alcoholic, we got under way. Next, we discussed, under the Psychological Aspects of Alcoholism, the addictive cycle with the mentally deficient, neurotic, psychopathic and psychotic patients, and also how to break this cycle through A.A., doctor's care, religious help and a team approach.

Our next gathering on Wednesday, was the most beneficial to our various ways of thinking. After considering the Alcoholic's concept of God, we delved into a discussion of Canadian and American laws concerning alcohol. We discovered that in seventeen states liquor is sold only in packages, not by the drink. Also, that twenty-one is the legal age in Connecticut, Massachusetts, New Jersey and Pennsylvania, while in Ohio it is eighteen for 3.2% beer and twenty-one for 6% beer and hard drinks. Wisconsin, however, has

no age restrictions. Anyone might be served if accompanied by parents or if married. Mississippi is legally a "dry" state, but beer is served in some of its counties.

In Canada, the Province of Ontario served as our example; here the legal age is twenty-one. The consumer may purchase packaged beer at Brewers' Retail and wine and hard drinks at Wine and Liquor stores.

In our Thursday morning session we prepared a Campus Programme to combat alcoholism. It was as follows:

1. A college seminar to include:
  - (a) Basic Information concerning the Effects of Alcohol on the Body and Personality.
  - (b) The Social Problems involved.
  - (c) What to do about it?
  - (d) Study of the theological, moral and mental health aspects.
2. Encourage representatives of fraternities, sororities, and various organizations to meet to discuss the problem.
3. Have speeches and discussion groups.
4. Have a committee approach:  
Enrollment, Programme, Follow-up, and Publicity.
5. Send out questionnaires to the mailing list with questions such as:
  1. Age.
  2. Family background.
  3. Religion.
  4. When did you take your first drink?
  5. Do you drink now? How much?
  6. Do you drink on campus?

This questionnaire may be anonymous.

6. Have planned recreation.

We concluded our discussions on Thursday afternoon under the direction of Dr. Linton. Here we discussed Social Drinking, Sources of Study Materials, and Motivations for Drinking.

The secretary of this group, Miss Lois Henry adds a personal note: "It was a profitable experience to be a member of this group and an honor to be chosen as its secretary. As you will notice in the report, we discussed many vital issues relating to the alcohol problem."—Ed.

"Modern scientific knowledge regarding alcohol effects, if used honestly, and socially applied is sufficient to produce an alcohol-free society."—Harry S. Warner.

## Reactions From McMaster Intercollegiate School

The Intercollegiate School gave me much information that I can use. Already I have been asked to speak to several groups.—CLAUDIA L. SNIDER, Adrian College, Mich.

---

After attending two summer sessions of the Intercollegiate School at McMaster, I can only say with confidence this is the greatest opportunity for education and fellowship of this kind in North America. I don't think the subject could be presented from all angles more clearly or convincingly or in a better atmosphere than it is here at McMaster.—CAROL JAMES, Toc Alpha, Pickerington, Ont.

---

I found the School most useful in drawing to mind the different aspects and approaches to the problem. I learned different methods which I hope to try (as a teacher.) The speakers drew to my attention new and different publications which will be useful.—GERALD R. BROWN, University of Manitoba, Winnipeg.

---

Ed (Edgar Smith) and I have already been assigned to plan a program for an alcohol study group in mid-winter. A campus seminar is being considered for the spring, or next autumn.—STEPHEN K. ANDERSON, William and Mary College, Williamsburg, Va.

---

Thank you for providing two scholarships for your Seminar on Alcohol for two students (from the University of Georgia.) We are planning to use them in various groups effecting the life of our church and the University community.—REV. CHARLES BOLYEN, Athens, Ga.

---

Since getting back I have been thinking and talking about the School on that lovely campus at McMaster. The school meant a great deal to me personally because I was made aware of the grave problem that we have with alcohol in our country and the world. . . . We have planned for a campus seminar in March 1961. For the past three years we have had some kind of program in alcohol education, sometimes three sessions, and each year send students to McMaster.—MALINDA E. AYRES, Longwood College, Va.

---

I thoroughly enjoyed my week in Canada (Aug. 20, 1960) studying about the alcohol problem. We couldn't have had a better group of leaders, lecturers, discussion groups; vespers, meals, and recreation were fine, I thank God I was privileged to participate.—Martha Ann Potts, Mary Washington College, Va.

---

The lectures (at McMaster, 1960) helped us to acquire the basic facts and to adopt an objective attitude. In the discussion groups in particular we had the opportunity of sharing our experiences. We gained knowledge of the problem as it exists at our age level.—Lois Henry, University of Toronto, Ontario.

---

## TO BUILD A FIRE

(Continued from page 44)

Only a few hours ago as Don left me here, I wondered how that young man could sit and talk to me, a poor degenerate ex-drunk. But now I realize that although he is half my age, he is in the same boat I am in. We are in it together, all of us. He knew his problem before I did, but he still has the same problem. Don made me see that A.A. is the right place for me. If I can share my problem with him, certainly, I can share it with other alcoholics. Marjorie's words, what were they?, uttered only a few days ago as I lay with the shakes in Town Hospital. I half-heeded them then. 'An alcoholic is the loneliest person in the world. He is so grateful to anyone who will talk with him. At A.A. meetings, all alcoholics share a common problem.'

This night, this is the first night of reliving for me. Heavens to Betsy, it's three thirty already. I've been lying across this bed thinking for two hours. I haven't been so happy ever before in my life. This is much more of a triumph to me than any other accomplishment of mine. No, I can't go out and drink off my happiness. I'll celebrate tomorrow with a coke. Marjorie had said to me 'We take things as they come, and all works out for the best. Our goal is today. This 24 hours. We stay sober for 24 hours, not the rest of our lives. We tackle the next 24 hours when we come to them.' I've certainly stopped drinking for 24 hours before, I can keep on doing it.

Marjorie had said to make a list of all the people I had hurt from drinking and try to make amends to them in the near future. What was it she had said to me? I can't think. Oh yes. 'An alcoholic doesn't mean to hurt anyone. I didn't mean to hurt my sister, but I did. I hurt her very badly because I drank. Now I am working to make it up to her. My sister never touched a drop, but she is very active in A.A. because her husband is in it too.' I'll start my list right here and now. One name is first. One name, one name. Where's the phone book? One name, a lucky hope. PL. 6-1524.

This one name. If I can make amends to this one who suffered most with me, I can make amends to the others. What will the reaction be—after all these years. A sleepy voice—my one name—answers. ‘Hello Jim, I’m sober for good, I love you, and I want to come home to you and our children. . . .’

---

*Education  
and Enforcement*

## **Liquor And Minors**

**By Beth Archibald '63**

**A Roberts Award  
Editorial of 1960**

**Acadia University,  
Wolfville, Nova Scotia**

**T**HE NOVA SCOTIA Liquor Control Act, Section 77, (1) (2) states—(1) Liquor shall not be sold, supplied or given to or provided for or by any person under the age of twenty-one years, except for medicinal purposes only as provided by this Act. (2) Every person who knowingly sells or supplies liquor for any person under the age of twenty-one years, except for medicinal purposes only as provided by this Act shall be liable to the penalties mentioned in Section 105 of this Act.

At first reading this act would appear to be first rate, as air tight as any act could be. Liquor is not, except for medicinal purposes which is becoming more and more rare, to be sold or given to anyone under twenty-one and if that should happen the person selling or giving it is liable to full punishment. “There,” one says “minors can certainly not get liquor in Nova Scotia,” yet that very night he hears of some high school boys drinking at a party, not openly of course, but very obviously under the influence of liquor. Or one hears of a group of college students, any college, perhaps at a party or a game or somewhere that group spirit runs high. More than likely, though none of the boys are tipping bottles, their speech and actions show that some have done so. The great majority of these boys are under twenty-one. Where do they get it? The answer is plain. They get it



from someone over twenty-one. The law in that case is an inconvenience but by no means an obstacle.

In part (2) of Section 77 the Law states that every person who knowingly supplies liquor to a minor shall be penalized. That word "knowingly" is a first class loop hole. Most minors who wish to obtain liquor are not too scrupulous about telling the truth if they are not personally known to the vendor and it is a simple thing for them to add a few years, especially if they are mature looking for their age. Even though the vendor may be very suspicious, nevertheless in his avidity to make a sale he may not inquire too closely. "Knowingly" would be a very difficult point to prove. Often one "knows" exactly what he prefers to know.

However the law is a deterrent. Should a minor be found intoxicated and should he disclose the person who got it for him or gave it to him that person is liable to be penalized by the law and in this way the law causes such a person to think twice before treating a minor or should cause him to.

Our country is divided into two classes — those who keep the laws and those who evade them. There is always someone driving through a red light in a traffic zone, hunting a deer out of season, taking a too-small lobster from a trap, or in countless ways taking a chance that he will not be caught. Just so the distribution of liquor to minors. There is always someone ready and willing to take a chance. There must be since we are told that one-third of all compulsive drinking has its onset between the ages of seventeen and twenty-one.

The whole question reverts to this, "Are our present liquor laws adequate?" I am not prepared to argue what the liquor law should be. One hears so many arguments; one says that there should be no sale of liquor whatever, another says that the prohibiting of anything increases the desire for it, the promoters of the tourist trade say that more and freer outlets for liquor are the prime need of our country. One thing is certain, the use of alcohol at best makes for in-

efficiency and at its worst causes poverty, crime and insanity. It is evident that something should be done about our laws since drinking is on the increase. Education is partly the answer but along with that there must be law enforcement as there would be with any other danger to our country and people. When, and only when our liquor laws are adequate will the laws governing its sale to minors be adequate.

*Review and revise  
when necessary*

## **Alcohol Control Laws: Are They Adequate?**

**By Edward K. Straub, '60**

**A Roberts Award  
Editorial of 1960**

**Drexel Institute,  
Philadelphia, Pa.**

**A**S CITIZENS of the United States we are currently faced with the problem of whether our present laws concerning the use of alcohol are adequate. Certain aspects of the law appear to be adequate, while other areas such as the laws concerning drinking automobilists and drinking by adolescents need revision. The question is what should be done, by what means, who should do it, and who is going to pay for the cost of operation.

There are three basic approaches to what could be done: practice no control whatsoever, establish a regulatory and control plan, or attempt some form of prohibition. Experience has shown that national policies of no control whatsoever or prohibition generally have not been successful, although they have shown limited or localized success. In the United States at present we have a regulatory system based on federal, state and local laws which is reasonably effective in controlling the use of alcohol. This division of power is necessary to maintain overall control while allowing the flexibility to adapt to local conditions.

The laws should be reviewed frequently, and revised when necessary to keep abreast of the changing customs of

the people. The alcohol problem is partly the result of laws which are not suited for today's social customs.

Each year thousands of lives are lost, thousands of people injured, and countless property destroyed due to mixing driving and drinking. With an ever increasing number of cars on the roads, at today's high speeds, the problem of the drinking driver is becoming increasingly serious. The problem of the drinking driver is difficult to solve because it is not the intoxicated driver that is most dangerous, but the driver that has indulged in a few drinks and still thinks he can drive perfectly well. Our efforts should be directed toward keeping both moderate drinkers and intoxicated drivers off the roads. To achieve this goal the laws should be strengthened, detection methods improved, and enforcement intensified, with stiff penalties for violations. The federal government should establish uniform laws aimed at eliminating drinking drivers from the highways, with all levels of government participating in the enforcement. To achieve this change in the customs of people, it will be necessary to proceed slowly to prevent serious conflicts with tradition. The change can be eased through effective use of education and the development of substitutes for driving such as public transportation.

Most of the states have established laws preventing the sale to, or use of alcoholic beverages by people under a certain age. It would be desirable to establish a nation-wide minimum age to prevent the laws of one state from attracting the minors of another state into drinking.

An improved means of identification is necessary using a system of registration and photographic identification cards. The personal identification card could be designed to incorporate the permit to drink, drivers license, and important health facts such as blood type. Loss of the right to drive or purchase alcoholic beverages would be shown on the card. The permit to drink would have to be presented before an individual could be served in a public drinking place. Some states would probably not favor such a program, but through

the federal government a plan might be started in conjunction with the federal highway program.

The number of retail alcohol outlets should be carefully controlled to prevent a disproportionate number of bars and taverns compared to the population in the area. Pressure should be brought to bear against the owners of retail outlets to keep them clean, well lighted, and the patron's conduct orderly.

The private and "after hours" clubs should be controlled in much the same manner as public drinking places, with special attention paid to the identification of members. The club's liquor license should be placed in jeopardy if members of the club are frequently convicted of violations of the alcohol control laws of the state.

The alcohol problem in the United States can only hope to be solved through education, enforcement of reasonable laws, and the efforts of a public interested in solving its own problems. In areas such as mixing drinking and driving, the solution to the problem will be difficult to achieve, until the habits of the people catch up with the demands of the modern world for responsible behavior.

---

*Youth group  
most affected*

## **The Need For Adequate Advertising Laws**

**By Doris Ernestine Hays, '63**

**A Roberts Editorial  
Award of 1960**

**University of  
Chattanooga, Tenn.**

**W**HY LEGISLATE LIQUOR advertising? It is the duty of state and local governments to protect the health, welfare, and morals of its citizens. "Advertising of alcoholic beverages increases the sale of a product which is demonstrably harmful to person and family life."<sup>1</sup> The legislature of Manitoba, seeing that the province's alcoholism rate was

steadily rising, concluded it their duty to discourage the spread of the disease. They banned advertisement of intoxicating liquors in all publications originating in the province.<sup>2</sup> Dire is the need for such legislation in our states, considering the number of American lives lost to drink.

The youth of the United States are the group most potentially affected by high pressure liquor advertising. In the formative years, they are continually influenced by what they see and hear and read,<sup>1</sup> be it true or false. They are separating rights from wrongs and making vital decisions, among them the choice of drinking or abstaining. All the temperance education they may have had in church and school can be undone by advertising which associates prestige, glamour, and sophistication with drinking. State laws prohibit the sale of alcoholic beverages to minors, yet allow them to be bombarded with liquor propaganda through literature, radio, and television.

A look at present laws reveals that most check certain technicalities in advertising. Many regulate type and size of signs on the premises of the place of sale. As if to elevate the character of drinking by erasing suggestive cognomens, several laws forbid the names of "saloon", "bar", "lounge".<sup>3</sup> Legislators may point with pride to laws which prohibit liquor signs within so many feet of a school or church; yet how effective are such laws when church goes and school children see liquor in huge letters on flashy billboards along the highway? Practically every state prohibits liquor advertising which is deceptive and untruthful. Nevertheless, distillers insidiously advance their product as "relaxing", "soothing", "good for the nerves." If that terminology cannot be banned as deceptive, then present laws should be extended to include words and phrases which, by false association and insinuation, deceive the public.

---

<sup>1</sup>Christian Century, volume 75 (April 23, 1958) p. 486

<sup>2</sup>Ibid., p. 486

<sup>3</sup>Burt W. Roper, **State Advertising Legislation** (Printer's Ink Publishing Co., Inc., N.Y., 1945)

The liquor industry has the dominating advantage of financial resources. Because of tremendous revenues from liquor concerns, magazines, newspapers, radio, and television continue to create a demand for liquor by duping the public rather than giving factual information on the product. Only strict laws can counteract the financial weight of the liquor industry. The initial step would be banning liquor advertising from any educational, sports, or similar program or literature which would be seen or heard by a minor. Violent antagonism and criticism will meet any such proposal to strengthen and extend our present inadequate laws on advertising alcoholic beverages. Yet how can any one oppose the curbing of promotion of a substance which uselessly eats away at citizens' money, time, and, worst of all, lives!

Because it is a moral and spiritual question as well as a social one, the alcohol problem cannot be solved by legislation alone. The degraded drunkard cannot be rehabilitated merely by strict laws. Only through factual temperance education and application of the law of love toward the fallen can a satisfactory termination of the liquor problem be brought about. But until that time, we must regard governmental regulation of advertising, along with control of the sale, transporting, labeling, etc., as the cardinal step toward our goal.

---

*"Drink patterns  
Include Social Pressure."*

## Escape Into The Unknown

By Valeria Redman

A Roberts Editorial  
Award of 1959

Wartburg College,  
Waverly, Iowa

**I**N OUR BUSY society today where we are constantly rushing here and there, many of us feel a need to escape. We want to get away from it all. This has been a problem men have been trying to solve for centuries.

November, 1960

59



Because of this situation today, we have an alcohol problem that has become a problem of great importance. Along with alcohol we may also class tranquilizers and drugs in that they all serve the same purpose in helping us to escape from reality. Escape mechanisms are used by millions of Americans today in every age group and class. The overconsumption of alcohol is outstanding and the spread of social drinking is increasing. Along with the problem of alcohol the problem of the sale of narcotics has become a threat to our society. Recently medical science has placed "happy pills" on the market for everyone's and anyone's use. These are the wonder drugs which offer peace of mind without the necessity of going to a psychiatrist or of even reading a book.

Although alcohol, tranquilizers, and drugs all are in reality escape mechanisms, there is a definite difference in their classification for medical purposes. Alcohol is used in hospitals of today for sterilization purposes. There is a certain percentage of alcohol in many of our medicines. It is not too helpful as a drug. The drugs of today are helpful in deadening the pain of people who must have operations or endure long hospitalization. Drugs are not sold over the counter without a doctor's prescription. The tranquilizers which have recently come on the market are most useful in curing mental disorders and calming mental patients. They calm the mind without rendering the person unconscious. Alcohol, tranquilizers, and drugs, are all harmful when taken with the idea that if a little is beneficial, a little more will be a lot better.

Why do the people of our society today find themselves in the hopeless situation of an alcoholic, a drug addict or a chronic user of tranquilizers? One of the main reasons is that the social patterns of our time include the social pressure of the group to accept drinking. This is especially true of the young people of our day. Most of them do not really like alcohol but accept it only because they are unable to resist the social pressure of their group.

The drug addict may start because of ignorance in using

drugs for self-medication or because of group pressure, as in alcohol. Once you have the drug habit, it is difficult to get rid of.

Some time ago a businessman walked into a doctor's office. He said he had to take a long trip to a convention but didn't feel his nerves would last that long. He knew that what he really needed was a vacation, but he felt he didn't have the time. Tranquilizers were the answer. With these few "happy pills" he was able successfully to carry through peacefully a week of hectic meetings and luncheons. Tranquilizers are being sold faster than they can be produced. It is thought they can cure everything from worry and anxiety to sprained ankles. Although there is a tremendous demand for tranquilizers, they are not considered a major problem at this time.

Can anything take the place of these measures of escape? Preventive measures would be the best answer to this problem. The home would be the place to start. The home, our basic unit of society, determines the type of people who enter our world today. Education in the schools may also be of help. For the cure of those who are under mental stress and strain, the psychiatrist may be the answer. Religion can play a large part in the rehabilitation of those who have fallen by the wayside. Religion is not an escape, but rather a way to face realistically the many problems of everyday life.

But, all in all, something must be done to help the millions of our fellow human beings under the influence of these unyielding masters. There are many opinions and ideas about this problem, but everyone will agree that the light ahead of us is turning red. It is time to stop, look, and listen. It is time for all of us to pause for a moment as we rush through the scurry of everyday life and think about what we can do to help in the fight to free our neighbors from themselves, so that they too may enjoy this land of opportunity governed "of the people, by the people, and for the people."



## STATE LEADERS OF AN EARLY 1960

### South Dakota College Seminar on Alcohol Studies

The seminar was held at Madison with students and sponsors present from six South Dakota and one Iowa college. It featured lectures on "Why People Drink," "Alcohol and the Human Body," "Alcohol and Society," "Drinking on the S.D. Campuses" and "Alcohol and Ethics." "Buzz Groups" limited to five or six students each were reported to be the "highlights" of the program. This state conference is held annually.

---

## New Co-Operative Commission

**G**ROWING PUBLIC and governmental recognition of the importance of alcoholism as a problem of public health, is marked by the emergence of a new international (U.S.-Canadian) Commission plus a million dollar U.S. Government grant, to review the whole state of knowledge about the field, to look intensively at what is being done in treatment, education and research within it, and to seek answers to the question as to what had better be done in reference to it over the next twenty years or so.

The work of the Commission, under a scientific director

yet to be named, who is in turn responsible to a twenty-five man body of eminent scientists and laymen, is to extend over a five-year period, and to involve some of the best scientific, administrative and organizational brains in both nations. The making of the grant has grown out of the concern of the National Institute of Mental Health (part of the U.S. Public Health Service), the concern of the North American Association of Alcoholism Programs, representing virtually all the state and provincial alcoholism bodies, and the interest of the universities and eminent laymen.

Although the Commission will be an independent body, most of the work will be centered in a major American University. In addition the various "task forces" which will deal with various aspects of the problem, may be located at any suitable place in the United States or Canada. Funds additional to the million may be sought by institutions or bodies, whose work can be integrated with that of the Commission, or whose help would be useful to it.

The task of the Commission has been stated in the widest possible terms so that no important aspect of anything that contributes to alcoholism or problem drinking, will be neglected. At the same time, however, the task has been stated with sufficient firmness and clarity that the leading questions which the Commission is to answer at the end of five years, are already well indicated. Scientific knowledge of alcoholism as a disease and as a social problem will be examined and re-evaluated. The whole structure of organizations which deal with alcoholism or bear upon it in any way, will be brought under fresh study. Everything from the existing institutions for dealing with alcoholics to the lobbies of all kinds surrounding the use of alcohol, to the temperance movement, to sales programs, to law enforcement methods and the courts, health, welfare and educational agencies, will be systematically looked at, both to see how we have come to the present state, and to look for, hopefully better ways of dealing with the problem.

# **The Roberts Editorial Awards Of 1961**

**\$2,500 IN CASH AND SCHOLARSHIPS**

**65 Different Awards**

**Subject: "The Role of Alcoholics Anonymous  
In The Community."**

This noted therapeutic movement is, and for a substantial period has been, regarded as one of the most effective, unique, and creative approaches now being made to the human miseries of confirmed alcoholism.

To examine, understand and write on what it means to those who share it — **and to the community** — is an educational project that may be full of compelling human interest as well as scientific study.

Open to college students — undergraduates — in all the colleges of Canada and the United States.

The winners of highest International Honors 1961 and their editorials will be given particular attention at the Intercollegiate School of Alcohol Studies at McMaster University where the award's program will culminate.

For information folder address

Awards Secretary, Intercollegiate Association  
Room 418, 12 North Third St., Columbus 15, Ohio

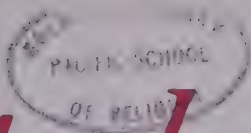
## **Advance Announcement**

The Twelfth Annual Intercollegiate School of Alcohol Studies is to be held at McMaster University, Hamilton, Ontario, August 26-31, 1961.

---

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL



# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

Preparing for Creative Cooperation .....	67
"Basic Information on Alcohol" .....	68
Images — Not Issues .....	69
The Harvard Case Approach at Bennett .....	71
To Build a Fire .....	73
Alcoholism in the Family .....	86
Alcohol and Its Problems .....	88
Springboard to Discussion .....	93

McMaster University's Newest Bldg.





# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

February, 1961

Vol. 58, No. 3

## INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

McMaster University, Hamilton, Ontario.

September 2-7, 1961

**T**HIS TWELFTH International Intercollegiate School is designed, as were all previous schools, for college students, students who expect to enter college in the autumn, recent graduates, their group and immediate faculty leaders, and others engaged in full time service among college students.

The purposes of the School are to —

- Gain a scientific understanding of the current problems related to the use of alcoholic beverages.
- Recognize the objective approach to these problems.
- Aid in making intelligent decisions as to personal and social attitudes.
- Develop thinking toward constructive service.

For information and program folder write—

### THE INTERCOLLEGIATE ASSOCIATION

Dr. John Linton, Vice Pres.

11 Prince Arthur Ave.

Toronto 5, Ontario

Dr. Harry S. Warner, Gen. Secy.

12 North Third St.

Columbus 15, Ohio

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# Preparing For Creative Cooperation

## An Editorial

**T**HE INTERCOLLEGIATE Association for Study of the Alcohol problem, by action of the International Council at the annual meeting in Columbus, Ohio, December 30, took new steps toward its long-time goal of enlarged educational service—objective yet realistic—in its special field for 1961 and thereafter.

This enlargement included the addition of new and young personnel and a larger budget to make this possible; a wider application of its purposes to gain the cooperation of all college interests wherever a sense of concern is found in Canada and the United States, and to strengthen, as rapidly as possible the current activities of the Association.

There was added to the International Council a group of eight new outstanding leaders from university, college, medical and church backgrounds not heretofore included, and particular attention was given to the program of the coming 1961 School of Alcohol Studies at McMaster University, in September.

Dr. Albion Roy King was reelected president, Dr. John A.

## Newly Added Officers



Edwin H. Maynard



Lois Henry



Robert Regan, Jr.

Linton, vice president, with two additional vice presidents, Edwin H. Maynard and Robert Regan. To represent students now in college, Miss Lois Henry, York University, Toronto, was elected secretary. Dean Paul L. Selby, Jr., Associate Dean at the College of Law, Ohio State University, was made Associate General Secretary and Dr. Harry S. Warner, was re-elected General Secretary and Treasurer.

A growing program of educational lectures, college campus seminars and discussion groups—both expert and student-led—were given a large place, under the lead of Dr. King, during the coming year as well as continuation of all the present activities of the Association.

---

## **“Basic Information On Alcohol”**

**By Albion Roy King, Ph.D., Author**

**The 1960 Third — revised — Edition.**

**A Review**

**Dr. King is Professor of  
Philosophy, Cornell College.**

**B**ASIC INFORMATION on Alcohol,” the noted book by Dr. Albion Roy King, is now available in a second revised edition, by the Cornell College Press, Mt. Vernon, Iowa.

First published in 1953, the work was thoroughly revised in 1957. The first printing of this second edition has already been sold out.

Dr. King's basic analysis of the effects of alcohol at the different stages of intoxication and of the motivations of drink, summarized and organized much research during the early part of this century, and it has become the basic interpretive principle in much of the literature of recent years.

The book goes into the problem of the alcoholic and counselling, but it avoids the more technical aspects of medicine and psychiatry. The thing which is most distinctive, however, is that Dr. King comes to grips with the difficult matter of ethical evaluation of moderation and abstinence.

**(Continued on Page 91)**

# Images—Not Issues

John A. Linton

Condensed from  
"Link and Visitor"  
Toronto, Ontario

Dr. Linton is Vice President  
of the Intercollegiate  
Association

**I**F YOU ARE **FOR** something, get for it a good image. If you are **against** something, make it **ugly**.

This concept is not new; wars and social issues have been fought on these grounds from time immemorial. The cartoon has been made famous because of its skill in creating images.

While in Moscow this summer I visited their Centre on Alcoholism and was shown a color cartoon. They had, with all the skills of modern art, depicted the Vodka bottle as **ugly**. Not a nice decanter, but an ugly animation. It did ugly things—it encouraged a truck driver to drink and a serious accident followed. Finally it showed a patriotic citizen destroying a bottle on a railroad track because it sought to get the engineer on the train to drink. One is reminded of the temperance cartoons of yesterday depicting the **bottle**, the **brewer** and the **distiller** as evil things and evil people in our midst.

Today the liquor trade has taken the centre of the stage and through modern media of communication is seeking to build a beautiful image of alcohol as gracious and essential to our modern way of life. This is the reason a brewery has built a \$12 million Cultural Centre—they seek to tie their name to pleasure and culture by means of a **modern worldly temple**.

What can we do in this modern world where we are being led by these old techniques now harnessed by skilled, well paid advocates who know how to use the modern means of communication to change our ideas, ideals and even our way of life.

(1st) We must see it for what it is—we must be intelligently cynical of much of these calculated endeavors to win our allegiance. We might ask a mature and healthy man: "What's your Racket?". (2nd) We must recognize that we do have grave problems arising from the use and abuse of alcohol as a beverage: (a) 200,000 alcoholics in our Canadian life, (b) three-quarters of the Don Jail (Toronto) population, drunkenness offenders, costing three quarters of \$1 million annually, (c) one third of the fatal accidents on our highways having alcohol as a contributing factor. (3rd) We must realize that we send our young people out into a hard, sophisticated world, clashing with much that we have given them by way of instruction in our homes, churches and Sunday schools. (4th) The greatest thing we can do is to give to those about us a true image of the Christian life. We have given the precept in our churches, let us give them the example in our lives.

If we believe that total abstinence is the only wise way to give a positive reply to the havoc that alcohol is making, let us quietly but firmly say: "No thank you" —not in a superior, judgmental tone, but with quiet conviction. Many today do not wish to drink, but give in to the pressure of our drinking culture. Many have found that when they say "no" at public functions, others will say "no".

Has the day come for us to be more militant to dethrone alcohol? Certainly we can use our right to be free from the social pressure to drink and say: "No thank you—I'll take Ginger Ale". Modern books on etiquette state that a good hostess has other than alcoholic drinks at any party she arranges.

Let us tie our image closer to our ideals. We need truth to become flesh and dwell among us.

---

The McMaster campus is a lovely spot, the School a wonderful bunch of people to be with, and the atmosphere and spirit precisely right for study of a problem that is precisely wrong.—Glenn E. Wittrup, Eastern Ill. University, Charleston, Ill.

# **The Harvard Case Approach At Bennett College**

**By Van S. Allen, Yale '55**

**Instructor in Health**

**Bennett College, Greensboro, N.C.**

**I**N THE PROCESS of dealing with the complex problem of alcoholism in our society the Educator is constantly on the alert for new approaches, that make for more effective instruction. He is interested in the kind of effectiveness that has a changing influence on the thinking and activity of those subjected to a too particular pattern of ideas.

John Dewey gave to Education an all important axiom in the cliché, "learning by doing", which supports the idea that the individual can get a better concept of a problem or situation that he is directly related to by actually grappling with that problem.

It is evident that this approach frees the imagination of the individual from the job of creating the problem and allows for its maximum use in seeking the answer.

It was with this viewpoint in mind that the writer experimented with the Harvard Case Method in teaching about alcoholism.

By way of explanation, the Harvard Case Method originated at Harvard University. It involves a group of people coming together as a class or workshop and writing out their particular problems within the realm of a given discipline such as Administration, Classroom Procedures and Instruction.

The expressed problems are collected unsigned, and each one is then read aloud by some member of the class for the benefit of all. Following the reading of the problem each person is encouraged to contribute from his training and experience to a possible solution to the problem presented.



In utilizing this approach in the classroom instructions in the area of Alcohol Education certain pre-preparations were necessary. For example, it was necessary to acquaint the students with the materials available on Alcoholism treating the Psychological, Sociological and Physiological aspects of the problem as these are interpreted in our most up-to-date literature on the subject. (Our subject matter was supplied primarily by The North Carolina Alcohol Rehabilitation Program). Particular emphasis was placed on the progressive symptoms and stages of drinking activity leading up to alcoholism such as:

1. Pre-alcoholic symptoms
  - a. gross drinking behavior
  - b. black-outs
  - c. gulping and sneaking drinks
2. Early stages of alcoholism
  - a. loss of control
  - b. alibi
  - c. eye opener
  - d. drinking alone
  - e. change of pattern
  - f. anti-social behavior
  - g. loss of friends and job
  - h. hospitalization
3. Later stages of alcoholism
  - a. benders
  - b. unreasonable resentment
  - c. tremors
  - d. nameless fears and anxieties
  - e. protecting supply
  - f. collapse of alibi system

Following the presentation and discussion of these materials with the class, each student was instructed to write up, as completely as possible, the drinking patterns and activities of someone known to him with the stipulation of not identifying by name the person concerned and without signing his own name to the case report. All participants were encouraged to find out as much as possible about the family history of the individual concerned, particularly his early childhood experiences including sibling, paternal, and maternal relationships.

The outcome of this procedure was most inspiring. The participants were enthused with their newly acquired ability to recognize and identify the symptoms of the various stages of alcoholism in the individual, and what is more, they were able to compare and exchange experiences.

At the end of this class activity all of the participants felt that they had gained a better understanding of the whole problem of alcoholism per se, and were thereby in a better position to recognize and take action against the onslaught of the disease in its early stages. All felt they were in a better position to counsel persons who were on the road to alcoholism.

This procedure is very effective in working with adult groups and the writer recommends it very highly.

---

## **"To Build A Fire"**

**By Susan V. Granat, '62**

**A College Student  
Studies Alcoholism**

**Vassar College,  
Poughkeepsie, N.Y.**

*"I feel that this paper gives a wide  
representation of the diversity of  
the Alcohol problem."*

### **PART III. "FINDING RECOVERY"**

(Our story to here: A woman alcoholic who is now sober, has been recalling the experiences of several very different personalities she has met since she became an AA at her first meeting . . . . She now adds another and, in Part IV, the experience of this woman alcoholic herself.)

**"E**VENING, Jean."

"Father Carter, hello. You startled me. I guess I was day-dreaming."

"I just returned from a meeting of the National Catholic Alcoholic's Association. It was wonderful. They were really impressed with the work of A.A. Of course, I was a bit prejudiced. Did you know that Monday is my fifth anniversary in A.A.? What a mess I was before! I was a Whiskeypalian

minister, whoops—Freudian slip. I started drinking when I was only seventeen. My family allowed no liquor in the house. I was out on a ranch in North Dakota during the summer. The cowhands gave me a drink. I recall it distinctly. I think every alcoholic can remember his first drink. It's funny, but I imagine it's because that first drink had a profound impression on him. He felt good."

"I hated my first drink. It was a social drink—the kind you toy with, but I didn't toy with it."

"Well, I sure got a bang out of mine, and that's no joke. I was talking to John Ericson. Do you know him?—Chemical engineer—brilliant man—\$50,000 fresh out of college, and that was quite a while ago. Well, he said that he had had the happiest homelife of anyone he knew. Yet, he became an alcoholic and landed on skid row. We all know that alcoholism is a disease—a three way disease—physical, mental, and spiritual. We don't know anything about the cause of the disease. Doctors, psychiatrists, and ministers are searching for the answers. But John's case certainly shows that something in childhood didn't cause it. Yet, we feel sure its not hereditary."

"It's a funny problem, Father."

"I know. I am really enjoying my work at Queensdale Hospital. It's so rewarding for me. I think an alcoholic can reach another alcoholic better than anyone else can. I was talking to one of the psychiatrists last week. Psychiatrists love alcoholics although they don't believe a word alcoholics say. This psychiatrist told me that he had gotten three stories from the same man, and he enjoyed them all. Boy, we alcoholics are a cagey bunch. I remember one night many years ago I woke up wanting a drink. My wife is a light sleeper, and I didn't want her to know I was going to get a drink so I tossed around until she woke up and suggested I drink some warm milk. Good idea! I shot out of bed, ran for the kitchen, heated some milk, and threw some whiskey in it. This went on for a while with an increase in whiskey until I put so much in the milk one night, it coagulated. That didn't deter me. I ate the mixture."

"Ugh."

"Oh, I was a great one. When I poured the wine during the communion, I filled the chalice to the top and drank it. At the end of the service, I knocked off the rest of the bottle too."

"Excuse me, Father, would you like a paper cup for your coke?"

"No thanks, I still prefer the bottle. You know, I always, but always, had an alcoholic luck. I was asked to leave only one parish due to drinking, and immediately afterwards I met a nice Bishop who just happened to give me the largest parish I ever had. I remember my first parish—fresh out of divinity school. It was a wealthy parish. No one there earned less than \$10,000, and there were 31 millionaires. Everyone was rich—except the minister. The rector told me that I had to pay calls on my congregation. I complied, soon discovering that these people had an odd habit of serving cocktails at the end of the afternoon. I had a neat arrangement. I'd go visit one family, have a few cocktails, then go down the street away and have a few more. I mingled more with the congregation than any other minister in existence—and always between the hours of four and six. Alcoholism was by this time the center of my life. I couldn't go to a party without speculating how much liquor would be served—and if I didn't think there would be enough, I'd fill up beforehand to fortify myself. Then one day, my gay life backfired."

"What happened?"

"I went to an old lady's house at the regular time, and low and behold—she asked me if I would like some tea.—'Tea!' (For Heaven's sake—tea at tea time, whoever heard of such a thing?) 'Couldn't I have some scotch?' She complied and called in the butler who brought me, not a glass, but a bottle. Well, Jeannie, I knocked that off, and was drunk. She tattled to the Bishop who called me into his office. I told him I had an allergy (booze allergy). He knew the truth and said that if I couldn't stop drinking by the time he returned from his vacation in two months, he would send me away. I didn't stop drinking, and he fulfilled his half of the bargain. I left

that night and took a train to Cleveland. I checked into a nice hotel and went into a nice bar. I started drinking but I was bored so I went to a not-so-nice bar, for awhile. After that, I spent the rest of the night in skid row, and I really enjoyed it. It was the place for me. It is an alcoholic's paradise. You can drink as much as you want there, and no one cares.

"Later, when I got back in the swing of things, World War II broke out. I joined the Navy as a chaplain and went to Japan. I hadn't been drinking too much before that because I had started having the shakes, and they scared me. Well, in the Navy, I started drinking again full force. Honestly, I really feel sorry for those poor boys for whom I read the Sunday services. On the boat coming home, I had forgotten to smuggle aboard any supplies. What a rotten trip home!"

"I can imagine."

"I was beginning to have a hard time in the morning. I figured that if I could only get to sleep at night, I'd be all right the next morning and could handle the work of the day. I went to a doctor friend of mine, and he gave me some pills. I felt fine. Through various sources, I obtained more of them until I not only was on booze, but on goof-balls as well."

"My Heavens!"

"After that the Korean Conflict broke out, and I decided to re-enlist. I went into the Marines as a chaplain. The Marine Corps drinks to everything. I just couldn't take all those cocktail parties. I went into a hospital for a rest. Soon after, I was talking with a friend of mine who mentioned a friend of his in A.A. And let me tell you this, Jeannie girl, if you ever see an alcoholic, no matter what straits he is in, drop a hint about A.A. You never know when it sinks in. Words like, 'You're drinking too much.' are remembered later on. Anyway, I went to his friend and said I needed help, but I couldn't make myself talk to him. At that point, he opened up his mouth and for an hour told me his alcoholic story. As I sat there listening to him, I could identify myself with him step by step. Then I told my story. When I

finished, he looked me straight in the eye and asked, 'Are you an alcoholic, Father?'

" 'Well, I think so, I don't know.'

" 'Father, you either are an alcoholic or you are not an alcoholic—and you know if you are.'

" 'I am an alcoholic,' I replied, and suddenly I felt wonderful. I was honest with myself for the first time in my life. I used to get up and preach to the people, but I never believed in what I preached. Now when I stand at the pulpit and deliver my sermon, I am speaking what I feel in my heart. Say Jeannie, you really drew a crowd tonight. Lots of people here."

"Well, I'm sure it was just an accident. If they'd have known that I was going to speak tonight, they probably would have run back to the Bowery in fright."

"Doesn't it make you feel good though, Jeannie, to see all these sober alcoholics? In my opinion, there is no finer person than a sober alcoholic. On the other hand, a drunken alcoholic is about the most sickening, degenerate person on God's earth. He is sick. It's not his fault. Look at these people now, Jeannie. Some non-alcoholics who have never attended a meeting of Alcoholics Anonymous feel that these meetings are full of pathos and pity. Sakes alive, these people are the best adjusted I have ever met anywhere. I am proud to be an alcoholic. I am proud to belong to this fellowship. I know that if I hadn't hit the dirty, rotten bottom, I never would have learned the answer to life."

## **"To Build A Fire"**

**By Susan V. Granat**

### **PART IV "BUILDING THE FIRE"**

(The lights are dimming. Soon I'll have to speak. This old familiar room, how strange it looks now! The same pipes along the ceiling, the same painted, yellow walls, the same A.A. books displayed on the table! Everything is the same.)

**W**ELCOME TO THE MEETING of the Bay-River Alcoholics Anonymous. Alcoholics Anonymous is a fel-



lowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from Alcoholism.

“The only requirement for membership is a desire to stop drinking. There are no dues or fees for A. A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.’ My name is Edward Cooper, and I am an alcoholic.

“Tonight we will have only one speaker because it is her first anniversary, and everyone knows how that gal does talk.—Jean Gilson.”

(My God, He's called me. Give me the courage not to falter. Where's the sign with the A.A. motto. I must see it.—“God grant me the serenity to accept the things I can't change, courage to change the things I can, and wisdom to know the difference.” That's it. I must speak. I know what I am doing here. I am here because I am an alcoholic. These people here are fellow-alcoholics, and they are my friends. I am meant to be here because **this** is an A.A. meeting, and I am a member of A.A. who must speak tonight and tell all these people the story of my fight with alcoholism. Thank you, God, for bringing me here.)

“My name is Jean Gilson, and I am an alcoholic. Before I begin, I would like to tell a story. You've all heard of Jack London's **To Build a Fire**. This is the story of a man in Alaska, who was advised not to travel through the snow alone. Being of a proud nature and certain that he knew the ways of the North, he set out alone. Soon his body began to freeze. He tried to light a fire, but his limbs were frozen. When it was lit, snow fell upon it from a low hanging branch on a tree, thus extinguishing the warmth of the small flame. If someone had been with him, he would have known not to light it there. He traveled on, and with much effort he built another fire, only to push snow on it in trying to add more wood with his stiff limbs. He ended up by freezing to

death in the snow. The analogy applies aptly to A.A. Its members form a fellowship of people who have a common problem and share their desire to help each other. They never travel alone. They go together and thus survive and are happy. That is what I have gained from A.A.—fellowship.

“I guess I started drinking when very young. I was two grades ahead of myself, and consequently two years younger than most of my friends. They started drinking at 18, and I was only 16. My first drink occurred when my friends bet that they could make me drunk. I bet they couldn't. They won . . . on eight glasses of beer. I was going to toy with the first one. What a joke! I remember that I disliked liquor immensely and never drank much. Once I came home from a party and told my mother I had not had a drink. She was furious at me, and said that if I didn't want to drink, I should at least be sociable and hold a drink all night. Well, when one holds a drink, one consumes it. When I was 16, I saw a nice young girl from a good, upper-middle class family, really drunk at a party. She was a Freshman at College. She came staggering up to me and gasped, ‘Oh, I'm so embarrassed. I usually don't get like this. I've been drunk only twice and high twice.’ Then she bit off all her fingernails. The next time I saw her, she was sitting on all the fellows' laps while guzzling scotches. She also kissed several guys. I was horrified. I couldn't see how a girl in her circumstances could get drunk like that. The next year, I was to find out.

“I went to college, and really drank because I was away from home and because I hated it there - probably due to the fact that I wasn't the center of attention anymore. I used to go out every night, pick up the local men, and get drunk. Some of my friends drank with me, but I drank more and could hold less than any of them. Many a time, they had to carry me home and put me to bed. I spent all my money on liquor. Then I started spending what I didn't have. I wrote worthless checks and borrowed from my friends, who all knew where the money was going. I was always quite hilarious and put on a good show, except when I vomited. I was missing a lot of classes too, or else I went with hang-

overs. One Saturday night I met a twenty year old fellow from Yale who had been drinking for ten hours. He was so inebriated he could barely see. He just looked apathetically into the distance. I remember how sickening he was, but I never thought that I was just as sickening as he. I always seemed in those days to note the poor conduct of other people's drinking. I used to booze it up even on Saturday afternoons. I remember once seeing a small girl no older than seven eating some candy by herself in a booth of a 'dive'. I asked her if she wasn't a bit young to be alone in a bar. At that moment, her father staggered to me from a barstool across the room. He told me that if I talked to his daughter again, he was going to smash my 'goddamn face in'. I was horrified, not for my face, but for this small child brought to a dive with a violently drunk father. How could any man treat his child that way?

"Finally, one night in May, I entered the porch to a house and passed out. It happened to have been the porch of a faculty member at college, and I was suspended from school for two weeks. When I arrived home, my mother was crying. I cried too, because I saw that I had hurt someone I loved. I didn't drink much the rest of college. When I went to law school, I really drank, and on vacations I would steal my parents' liquor behind their backs.

"Then I went to work in a law firm. I became a successful lawyer much too fast. It went to my head. I thought that I was superior to the rest of the world. That led to more drinking due to the innumerable social engagements I had. After all, I had to be a social drinker. I always got high at most of those boring cocktail parties, and was quite witty. I started dating one of the other young lawyers in the law firm. His name was Jim Gilson, and you all know what happened after that, but marriage didn't stop my excessive drinking although I thought then that we were blissfully happy. This heavy drinking got worse and worse during the next fifteen years. I would keep a bottle beside the bed so that I could take a swallow - or two or three - before getting up the next morning. I even drank when I was pregnant. I bore three healthy children

so I figured alcohol hadn't hurt them. But alcohol was to hurt them mentally as they were growing up. I would get drunk and come home and beat them for no reason at all. My drinking was going from bad to worse. I was blacking out frequently. I was losing clients fast and was working less. Soon I stopped work completely. Jim and I fought continually during those years. We were not happy together anymore. I wasn't happy with anyone, including myself. Jim kept nagging at me to stay off the bottle. I resented his suggestions. I felt I could stop drinking if I wanted to. I just didn't want to. During this time, I went to several sanitariums for "rest cures", then more openly, "drink cures". I thought I wanted to stop drinking once I got inside one of those institutions, but I wouldn't make the effort. I'd stay sober for a few days, then on my release would start again at full pace. A.A. was suggested to me several times, but I only laughed when I heard the name. After all, I wasn't an alcoholic, only a social drinker.

"One night I took a frying pan and beat my daughter Annie until I cut her forehead. Jim took the hysterical child to the hospital and the other children to his mother. Then, we were legally separated - and I didn't care. I kept right on drinking, first in the nicest bars, then when I had spent all my money, in the grubbiest bars until finally I had drunk myself down into the Bowery, where I lived the most decadent existence known to humankind. Once I got so desperate for liquor, I told this Italian man I would go home with him if he'd give me a drink. On the way, I thought of Jim. I hadn't thought of him in years. Suddenly I started screaming, 'Jean Gilson, you little slut, do you know what you are doing for one stinking drink? Can you stoop any lower?' Luckily, three young men came along, called a policeman who got in touch with A.A. A.A. sent a member down, and I was taken to Town Hospital where I finally received my much needed physical, mental, and spiritual cure.

"Marjorie Simpson, whom you all know, became my sponsor. During my first few days there, I shook so hard I thought I would die. But the whole time I was there, Marjorie sat

by my side and talked to me. This was the first time in my life that I was sincere about giving up liquor. I had admitted I drank compulsively; I knew that I would die if I didn't stay sober. Later Marjorie brought me fresh clothes and invited me to my first meeting with her. She explained that the general function of A.A. was not only to maintain my sobriety, but to find new members and help them. Reports from Yale's Studies on Alcoholism reveal that there are over 6½ million alcoholics in this country and only several hundred thousand in A.A. So many others need help too. After all, that was the premise on which A.A. had been founded 25 years ago in Akron when two alcoholics - a physician and a stock-broker - got together to help themselves by helping others to maintain sobriety. A.A. blossomed out from there to new enthusiastic chapters all over the world. A.A. membership now includes executives, school teachers, priests, ditch diggers, truck drivers, everything. At some meetings, the speakers are famous movie stars. Out of New York's fifty groups, there are many types. Some meetings are conducted in Italian or Spanish. There's one group composed of alcoholic policemen. 'Alcoholism plays no favorites according to class. Money won't buy it off, nor looks, nor health. It strikes anyone.'

"Before I left the hospital, Dr. Chester called me into his office. He told me that alcoholism is a disease with which seven in a thousand are afflicted. I was one of the seven. Alcoholism is a disease just like diabetes, cancer, or TB. It can be controlled, but never cured. He explained how alcoholic wards work, and that a general ward makes an alcoholic see he's sick, and is not to be put in a psychiatric ward.<sup>1</sup> Dr. Chester then showed me some issues of the **Quarterly Journal of Studies on Alcohol**. One of the articles said that alcohol becomes habitual when it solves a large variety of problems.<sup>2</sup> Dr. Chester explained that I must discover and face my problems in order to rid myself of the causes for my drinking so that I could be happy sober. He then related the A.A. code to me - Don't take the first drink or the second will take you. He spoke with me frankly. I can remember his very

words. 'Mrs. Gilson,' he began, 'You are a sick woman. You look healthy enough on the outside, but your insides are a mess, and you can thank your lucky stars you're alive today. I don't want to sound coarse, but I want to be open with you. You are intelligent and educated enough to know that if you haven't drunk your last drink, you will never know about the next drink. I have worked with many alcoholics — many worse off than you. A large number of them died of alcoholism. I've seen alcoholics with cirrhosis. Their livers became so swollen the livers literally burst, causing hemorrhage throughout the body. These people have bled to death internally. I've also seen how alcohol damages the brain - and I don't mean plain D.T.'s which you have just experienced. I've seen alcoholics literally go out of their minds. I have watched them knocking their heads against their padded cells. Do you understand what I am trying to tell you?

"Yes', I replied. Dr. Chester's honesty made an impression on me.

'A few minutes ago, I was thinking about my very first A.A. meeting. I remember after that meeting how good I felt that I was going to stay in A.A. because I wanted to, not because I was forced to. I could go to as many meetings as I wanted, even every night. I didn't have to go to any. I had to remember that I would always be an alcoholic and could never drink again. The minute I forget that, there would be trouble. There have been some members who, after about fifteen years of sobriety decided they didn't need A.A. anymore. They also felt confident to drink again. After the first drink, they once more became drunkards and had to learn the A.A. way all over again and follow the Twelve Steps and Twelve Traditions.<sup>3</sup> I wouldn't let that happen to me, I decided. I wanted to attend A.A. meetings because I enjoyed them and gained something from them, something far better than drinking.

"Outside A.A. things were not so smooth for me. The readjustment to my family came fairly easily. We are a much closer and more understanding group than before. The law firm would not take me back. Law was one of the parts of



my early life that I loved the most. Mr. Manning, the senior partner of the firm, had said to me, 'I don't want to hurt you, but business is business. You have a bad reputation for drinking. You've already harmed your own name. Don't try to harm the name of the firm. It isn't that I have anything against alcoholism or even against you, but you must understand my situation.' Yes, I understand as I left the office. I understand that I was being judged not on my knowledge of law, but on a past weakness which I had overcome.

"My old friends posed a different problem. They were all heavy social drinkers. I could no longer drink with them anymore whereas I had been their drinking leader before. The hardest thing for them was saying that their friend was an alcoholic. Society frowns on those who overindulge. I realized the stigma on alcoholism in the very first meeting when I met Alice. She told me that I had a tough row to hoe, because only the most broad minded person would look on an alcoholic as a normal person in social living. She never told anyone she was an alcoholic, and until a few years ago, didn't even tell her doctor. She liked A.A. because she could tell anyone here that she was an alcoholic. Some of my former friends stuck by me. Others didn't. The ones who did felt great admiration for me because I had conquered myself. In spite of this, I found that I wanted to be with my new friends more, my alcoholic friends. All my best friends today are sitting right in front of me - every one of you.

"I found this out through the use of A.A. phone therapy. Alcoholics call me any time, just to talk or, I call them. I remember one day I was at Marjorie's house. During the hour I was there, she received at least six calls - all from A.A. members. One of the calls was from Marybeth who said that Sheila's mother had just had a heart attack. Within the hour A.A. members had taken Sheila to the hospital, bought provisions for her, and cooked her dinner.

"What time is it? Oh my gosh, my time's almost up. Well, cheer up, so's my speech. Let me just finish now. My first year in A.A. has just been completed. The first year is a milestone. I never thought when I was roaming the Bowery

or even passing out at cocktail parties that I would one day stand before you as a satisfied and happy human being — or as an alcoholic. It was only when I realized I was the latter that I could ever become the former.

"You know, at the beginning of this meeting, I honestly wondered whether I should tell my story to you. I didn't know if I could trust you. But who else can I trust if I can't trust a fellow-alcoholic and friend? You are my friends, and I want to repay you all, But I don't know how. The only way I can think of is to join tonight the rank and file of veteran A.A. members whose goal it is to lead other unfortunate alcoholics into the fold and help the older ones to maintain sobriety and peace of mind."

---

### FOOTNOTES

1. Brunner-Hoenth, Martha, M.D., "The Role of a General Hospital in the Treatment and Rehabilitation of Alcoholics", *Quarterly Journal of Studies on Alcohol*, March 1958.

2. Levy, Robert I., M.D., "The Psychodynamic Functions of Alcohol", *Quarterly Journal of Studies on Alcohol*, December 1958.

### 3. THE TWELVE STEPS OF A.A. ARE:

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all the persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with *God as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.
  4. THE TWELVE TRADITIONS OF A.A. ARE:
    1. Our common welfare should come first; personal recovery depends upon A.A. unity.
    2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
    3. The only requirement for A.A. membership is a desire to stop drinking.
    4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
    5. Each group has but one primary purpose — to carry its message to the alcoholic who still suffers.
    6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
    7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
    8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
    9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
    10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
    11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
    12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.
- 

### *Basic Concepts*

## **Alcoholism In The Family.**

**Herman E. Krimmel, M.D.**

An Excerpt  
from the pamphlet.

Dr. Krimmel is Director  
of Case Work at the  
Cleveland, Ohio, Center  
on Alcoholism.

**T**HE ALCOHOLIC is a social liability in many areas—in industry, in the professions, on the highway and in neighborhood activities. The most damaging impact, however, is

on the family because they are exposed to the emotional and economic effects of the illness every day of their lives.

Usually, the initial reaction of the family is to deny the drinking difficulties. Spouses and children resolutely close their eyes to even the most persistent evidence that social drinking is becoming problem drinking. This may be the result of their inability to believe it has happened to them. It is more likely their reluctance to accept the stigma still tenaciously attached to alcoholism. Neighbors gossip without understanding; children's friends are cruel in their taunting.

This denial unintentionally allies the members of the family in a conspiracy with the alcoholic because his own need to deny is so overwhelming. The difference is that in his frantic search for reasons to drink he masters the skill of shifting the blame and finds those reasons in what he regards as intolerable faults of the family. He justifies his drinking because his wife is an impossible shrew, his children incorrigible and, because those loved ones for whom he has done so much seem determined to make his life miserable.

The real reason, of course, probably lies in his inability to accept the responsibilities of family life and each additional burden may provide renewed impetus to his drinking. The onset of excessive drinking in some men, for example, can be traced to the birth of the first child. Despite vigorous protestations of paternal pride, his reactions are panic and escape to the bottle.

It is difficult for a child to weather life in the family of an alcoholic without some distortion of values. At best, he may see his father's role nullified and usurped by the mother. At worst, he may witness or be the victim of verbal and physical brutality.

For children there are divided loyalties and, all too often, they are used as weapons by warring parents. Moreover, they feel rejected by the alcoholic parent because "if he really loved me he would stop drinking."

We have stressed the alcoholic father but it can be just as difficult to have an alcoholic mother. Dr. Ruth Fox thinks it is even more so because "it is often possible for the mother

to shield the children from full impact of the situation.”  
“With an alcoholic mother this is rarely if ever the case.  
Because of the closeness of the children to the mother they  
are apt to suffer irreparable damage.”

---

*A Major in  
Traffic Safety*

# Alcohol And Its Problems

By Teresa Timmons, '63

A Roberts Editorial  
Award of 1960.

Neb. Wesleyan Univ.  
Lincoln, Neb.

**A**LCOHOL HAS BEEN DESCRIBED as the most pressing social issue of our time. J. Robert Regan says, “Alcoholism is essentially a social maladjustment and a religious disorder. The alcoholic attempts to find fulfillment in a bottle rather than in God and other persons. He lives to drink and drinks to live. “Certainly alcohol and the alcoholic present a serious problem to society. The alcoholic is a menace to himself, his family, and to society in general.

Beverage alcohol is a recognized drug—yet escapes the laws regulating the use of other narcotics. Alcohol is the most popular way to obtain release from emotional restraints, and the tensions and pressures of the day. Alcohol satisfies a need yet that need increases as the use of the drug increases. The alcoholic cannot exist without liquor and to obtain this drug and satisfy himself, he may go to considerable trouble and expense to pay for this need. If the alcoholic is the head of a family, he may influence the younger members of the family as to regard drinking as the accepted thing. Thus society is faced with the problem of teen-age drinking.

Most young people accept their first drink on a dare, or to prove they belong in the “right gang”. The initiating of drink habits among youth goes on unchecked. Now, in our

modern society and modern social customs, the drinker is encouraged to become an alcoholic rather than to refrain from liquor, thus the problem of teen-age drinking is increased.

Many times the problem of drinking among young people is due to the fact that they lack information regarding alcohol and its effects. Public information is generally ignored, due to the custom—it's the thing to do, and oftentimes is slanted, limited, or combined with propaganda. Thus, disillusioned young people are confused with facts, opinions and here say. What they want is a realistic, factual, viewpoint on why people differ in their ideas regarding alcohol.

Not only does alcohol present problems for teenagers and families, it expands to include all society through the use of the automobile. The 1956 National Safety Council reports that one-fourth of all fatal crashes in automobile traffic in the United States are attributable to drinking and driving. In the Congressional Record of the 85th Congress, Mr. William N. Plymat proposed a suggestion for helping to overcome this problem.

"An intermediate offense would be an effective tool in the reduction of drinking-driving accidents, and the offense should be defined simply in terms of blood-alcohol". Here a problem arises as to how the testing would be conducted and if it would be compulsory or not. "If such an intermediate offense law were passed, it would simply declare that it was illegal to operate a motor vehicle with more than 0.05 percent alcohol in the blood and the fine could be a smaller one, by a considerable margin, than for drunk driving". Many people might favor this law, others seem to favor a high fine for anyone found with alcohol on his breath in the hope that if the fine is high enough it will help to prevent the same thing from happening in the future.

The drinking factor in traffic accidents is much greater than police reports usually show. This kind of pleasure, drinking, is popular with many people; accepted by the majority. Autos and liquor are everywhere. The National Safety Council gave detailed study to the traffic accidents which occurred during the 1955 Christmas holidays. It was found



that drinking drivers were involved in 55 per cent of the traffic mishaps, although normally they are involved in less than 25 per cent. "The throttle and the bottle" were the big reasons for the increased average number of accidents at that time. Thus, society is faced with the problem of what to do with the drunk or drinking driver and how to accomplish this feat.

As stated before, the alcoholic is a menace to himself, his family, and society in general. I believe the alcoholic realizes he is a menace to himself. No man wants to admit the fact that he is a slave to a bottle of liquid. Yet that is exactly what happens to the alcoholic. He becomes a miserable, degraded piece of humanity, and must succumb to all manner of excuses and actions to secure his liquor.

As the alcoholic continues his behavior the family is, naturally, involved. Thus homes are broken, divorces increase, and children are exposed to an ugly side of life which, most likely, would not be encountered until later in life when they would understand the situation.

As a menace to society the alcoholic affects the greatest number of people. Due to his condition, he must have help which is society's responsibility. Some received this help when the Alcoholics Anonymous was founded to rescue society from the alcoholic and to rehabilitate him so he may return to society as a useful member. If an alcoholic does not secure help then society must suffer the consequences of drinking—the broken homes and divorces the same as the actual family and persons involved.

---

The week at the School of Alcohol Studies was a mountain top experience. My eyes were opened. It was such a help to have basic information—not just personal convictions and sentiment—when speaking to groups on my return.

I realize it is difficult to help a friend who has turned to alcohol. However I would like to see more time spent in discussing practical ways to approach and help those who are coming to have an alcohol problem . . . also with the whole problem—reasons for drinking, the social problem, rehabilitation programs.—Barbara Malsch, Petersburg, Ont.

# **"The Alcohol Narcotics Problem"**

## **A Handbook For Teachers**

### **A Review**

**T**HIS NEW eighty page book, includes in its substantial cover the best—if not the very best—outline and text of the basic material useful for education at the high school level that this writer has yet seen.

It is scientifically sound, as gauged by the results of modern research and understanding. It is factual and objective in treatment, clearly and correctly outlined, well illustrated, and attractive in format and style of publication. It also—and most significantly—includes a more comprehensive study of the knowledge now available of alcoholic drink in human living than is usually found in handbooks relating to "Alcohol."

While planned for use at the high school level, it contains a selection with suggestions to aid teachers at other levels, and an excellent bibliography of recent source material.

And it is a delightful book for general public reading.

The principal of the Wichita Falls, Texas Senior High School wrote, when ordering thirty copies, "You have something here that will prove most helpful to all of us who work" in schools.

Published, 1960, by Texas Alcohol Education Inc., 2814 Oak Lawn Ave., Dallas 19, Texas. Price \$1.00.

---

### **"BASIC INFORMATION ON ALCOHOL"**

**(Continued from page 68)**

It is widely used in schools and colleges, church educational programs, rehabilitation centers and by Alcoholics Anonymous. It is recommended at such widely diverse programs as The Yale Summer School of Alcohol Studies, the ASM School of Narcotics Education at Saskatoon, Canada, and the Institutes for the Prevention of Alcoholism at Loma Linda, Washington, D.C., and Geneva, Switzerland. This

book grew out of popular demand created by an earlier and briefer book on "The Psychology of Drunkenness" by Dr. King.

"Basic Information" means in this case the general information which ought to be in the understanding of all people no matter whether they belong to a "wet" or "dry" culture, or what decision they ultimately make. The book is first a review of scientific facts about the effects of alcohol and motivations for its use. But facts are never enough. The principles of evaluation are reviewed in Chapters 15-17. A conclusion is developed, but it is objective in the sense that all sides are treated fairly and without invective or emotional propaganda.

Dr. Mark Keller, managing editor of the **Quarterly Journal of Studies on Alcohol**, says, "With a sound judgment not excelled by any in the temperance movement today, he abandons the crutches of science, economy or arbitrary interpretation of Scripture and takes his stand squarely on the grounds of ethical principle."

---

## FROM THE INTERCOLLEGIATE SCHOOL OF 1960

The Intercollegiate School last summer was most interesting. I liked especially the trip to the Clinic at Mimico and the AA meeting in Toronto.—  
Joan Kemp, Adrian College, Mich.

---

When I left home I said to my wife, "I suppose this will be another of those conventions, be a lot of talking, and I'll be bored to death." This did not happen. It was very stimulating to discuss with college folk of my own age and those older who are studying this common problem. There was no 'damn the liquor business' and let it go at that. The School was an objective attempt to see what is going on and what we can do about it.

---

British actor Sir Alec Guinness has refused a £500,000 contract to sponsor beer on American television.

He was asked to appear in 39 shows. In 12 of them he was expected to act—in the remainder all he had to do was say: "It's good beer. It's . . ."

The huge fee would have enabled Sir Alec—who said earlier he had just £900 in the bank—to retire for life.

"I would have despised myself if I had accepted," he said. "I want to act, not advertise.

## SPRINGBOARD TO DISCUSSION

### "Let George Do It"

"The American people must develop a stronger sense of ethical obligation than now exists to successfully meet the problems and conflicts of modern day living.

"To men like Franklin, Washington, Adams, Jefferson, Madison and Monroe the privilege and indeed the necessity of serving the country was more insistent than any private concern," said Edward Weeks, editor of *The Atlantic Monthly* in an address to 500 delegates to the Midwest College Placement Conference in Columbus, Ohio September 15, 1960. He regretted the tendency in modern social life to "let George do it", thus ignoring responsibility.

---

To be a chronic alcoholic it is not necessary to have delirium tremens or to become obviously intoxicated. An alcoholic is any person "who relies on alcohol to meet the ordinary demands of living and continues to drink excessively after alcohol has caused him marital or occupational difficulty." He is an alcoholic whether he drinks only in the evening or has never taken a drink alone, or has not touched anything but beer for five years.—Dr. Jackson A. Smith, Omaha, Neb.—Psychiatrist.

---

Alcoholics, Inc., of Chicago, reports that alcoholism costs business and industry of that city each year One Billion Dollars.—Franklin Hichborn, Santa Clara, California.

---

"Advice" columnist, Ann Landers, has been quoted as saying:

"Most women who say they must take a drink to be sociable are only kidding themselves. You will have to go a long way to find one who is more sociable than I am. Yet I have never needed liquor as a crutch. When I attend cocktail parties, as I often do, I merely say, 'Ginger ale, please.' And I am not the least bit uncomfortable. A woman who is able to say 'no' so it sounds like 'no' and not maybe, should have no problem."

---

It is intellectual dishonesty to say that alcohol is a food, for there is no storage, no growth repair or development, and it decreases performance.—Dr. Lester Keyser, director of Medical Service, Southern Methodist University, Dallas, Tex.

---

Alcoholics are being produced at the rate of 500,000 annually in the United States. Their life expectancy is estimated to be 20 years less than the national average. A total of 8,000,000 are afflicted. Of these 5,000,000 are classed as outright alcoholics and 3,000,000 as "pre-alcoholics", says Dr. Andrew C. Ivy, Medical School, University of Illinois. He concludes:

"Alcoholism is now the nation's third most important health problem from the standpoint of incidence, lives lost and people disabled."

---

Over 8,000,000 Americans are affected by alcoholism, with 5,000,000 of these outright alcoholics and the remaining 3,000,000 pre-alcoholic problem drinkers.—Dr. Andrew C. Ivy, physiologist, University of Illinois, Chicago.

# The Roberts Editorial Awards

## of Recent Years

**T**HE SERIES OF STUDY and editorial writing awards to college students, made possible by the invested gift of Logan H. Roberts, one of the founders of the Intercollegiate Association, and his son Donald, have encouraged thousands of students, during the past fifteen years, to investigate the problems of alcohol in human living **as they would never have done**, in all probability, had not this encouragement started them thinking—and doing some research for themselves.

An equally significant is the fact that many college instructors, with this teaching aid as a suggestion, have been giving assignments and much additional teaching on this social problem in their classes.

As illustrated here are the particular subjects on which awards have been given in recent years:

"Outgrowing Alcoholic Culture"

"Applying 'Preventive Medicine' to Alcoholism"

"Social Pressure and Campus Drinking"

"Drinking: Personal or Social Responsibility?"

"Can Education Solve the Alcohol Problem?"

"Social Drinking: What Do You Think?"

"Opportunity of the Home in Dealing with the Problem"

"Alcohol and Public Safety"

"Alcohol, Tranquilizers and Other Drugs"

"The Problems of Legal Control"

"The Role of Alcoholics Anonymous in the Community."

(1961)

Each year 12 to 15 of the high-standing international editorials are published in "The International Student" thus reaching 7,000 addresses in 1,600 colleges of Canada and the United States.

For 1961 this program has been coordinated more fully with the INTERCOLLEGIATE SCHOOL — the next session at McMaster University, Ontario — so that many of



## THE INTERCOLLEGIATE SCHOOL Of 1960 at McMaster

---

the finalists, the best **writers** and **thinkers**, may attend a week of intensive study of the **total alcohol problem** in human living by some of the best specialists in North America. The aid thus offered consists of 218 cash awards, the first \$200 and 40 scholarships.

"Let me express my appreciation to you for thus encouraging good writing while counteracting the influence of intoxicating drink", wrote a college president.

---



**COME TO  
CANADA**

**McMASTER UNIVERSITY  
HAMILTON, ONTARIO**

**FOR  
THE**



**1961  
SEPTEMBER  
2-7**

# **INTERNATIONAL-INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES**



**DAILY LECTURES** by health, scientific, industrial and educational experts of highest international standing.



**DAILY STUDENT SEMINARS;** free discussion; a clinical visit; and a typical Alcoholics Anonymous group meeting.



**A WEEK OF FELLOWSHIP** for College and University Students from Canada and the U. S.

**For information write:**

**THE INTERCOLLEGIATE ASSOCIATION**

**Toronto 5, Ontario  
11 Prince Arthur Ave.**

**12 N. Third St.  
Columbus 13, Ohio**

2 19352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE.  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

il, 1961

## *Digest of Alcohol Studies*

### *In This Number*

Conflicting Motives in the Use of Alcohol in Our Present Culture .....	99
Social Significance of Alcoholic Drink .....	108
The Intercollegiate Association in Action .....	112
The Man from the Shadow .....	121
The Toxic Feeling .....	125

College of Law  
O.S.U., Dept. of Photography

Ohio State University.



ocracy  
something  
er than  
ty; it is  
onsibility"

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR THE STUDY OF THE ALCOHOL PROBLEM

April, 1961

Vol. 58, No. 4

---

## Gracious Living

by Judy Casselton, President, Toc Alpha

Simcoe, Ontario

**W**ITH Ontario developing over 5,000 alcoholics a year<sup>1</sup>, it appears necessary that we, the youth and inheritors of such a situation, come together to assess the role of alcohol in our society. It is pitiful to see the adult in modern society accept a custom that yields such results.

We all want to be gracious hosts and hostesses — to be men and women of distinction — our names associated with gracious living. The average adult thinks this can be done by placing a glass in one's hand. Why? . . .

---

<sup>1</sup>The rate is about the same in the United States. Ed.

---

Miss Casselton attended The Intercollegiate School at McMaster University, 1959 and 1960, and is a member of the Intercollegiate Association. This excerpt is from a talk to a group of 350 students.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# Conflicting Motives In The Use Of Alcohol In Our Present Culture

by Paul L. Selby, Jr.,

Condensed and revised from  
a Cambridge Club Lecture

Ass't. Dean, College of Law  
Ohio State University

**T**ONIGHT'S DISCUSSION concerns the use of alcohol as one of the great social problems of the present American culture and the democratic traditions representing the future of that culture. To begin with, let's lay the groundwork for our discussion very carefully. I don't want to be misunderstood about my approach to the subject as I speak tonight. As a lawyer and somewhat of a politician at times, I am quite aware of the many instances, where for various kinds of reasons—some innocent and some deliberate—a speaker's words are taken out of context and reported as evidence of a philosophy wholly different from that which is truly his. So, I want to be very sure that my intentions and words are taken for what they are: an exposition of an approach to the use of alcohol from the standpoint of the motivations for the use of alcohol as a beverage.

## Many Approaches to Alcohol Problems

There are many approaches to the discussion of the alcohol problem. In one of these, the use of alcohol is a moral problem. I am one who believes that its use is morally wrong, but I won't talk from that standpoint tonight. I will take off from the **assumption** (and I underline that word) that we can set aside that approach to leave it out of the present discussion. From another standpoint, the use of alcohol is so harmful to the physical and mental processes of the human being that

---

This lecture is one of a Great Social Problems Series given monthly by the Cambridge Club of Columbus at the First Community Church, during the season of 1960-61. Professor Selby is an associate professor of law at Ohio State University, and newly elected Associate General Secretary of the Inter-collegiate Association for Study of the Alcohol Problem.

*April, 1961*

one should abstain from even the first drink. I, for one, believe in this approach, but, for tonight I will take off from the **assumption** (and again I underline that word) that this belief is not involved. Let's talk about the problem from the standpoint of motivations for the use of alcohol as a beverage. This is the way I want to talk about the position of the alcohol problem as one of the great social problems facing our America.

I'm not going to give you the basic scientific facts; you have them and know them only too well. Alcohol is a chemical which people mix with various things to produce certain different tastes. People drink it and a variety of things happens. Some of these are looked upon as good; some, as bad. For our purposes, the use of alcohol is one of our problems of social adjustment. It is indicative of some of the many difficulties of our modern, high-speed society. Let's see what kind of a problem it is.

First, the use of alcohol is widespread and legal. Its production and sale are permitted by the Constitution, the Federal Government (if you pay the tax), and all but one of the states. Most of the states have made its sale a monopoly of the state. Consequently, when we talk of the legal issues, it is legal.

However, the law does some rather peculiar things with the use of alcoholic beverages. As you well know, operation of a motor vehicle while under the influence of alcohol carries an automatic suspension of your driver's license for a year and a mandatory jail sentence. There are laws that one may not appear drunk and disorderly on the streets. The law, however, fails to recognize the insidious effects of alcohol. For instance, if an individual is involved in a crime while under the influence of alcohol, whether it be a crime of passion or of design, the law does not recognize this influence as an aid in defense. Even further, there is no place where the law recognizes that "while under the influence", the alcohol itself may cause temporary insanity; that is, the temporary insanity which may be the basis of a defense plea. Conse-

quently, while we may say that people may use alcoholic drink and its sale is legal, the law does place upon the user some rather heavy responsibility. This in itself should give some insight in our consideration of the effects of the use of alcohol.

## **Effect of Drinking on Social Order**

Our problem, however, is not whether this thing is illegal or immoral. Rather, I want to fit into the discussion the question: What effect does drinking have on our democracy and social order?

First, why does a more or less sophisticated individual choose to drink in the first place? Let's be very sure about that choice. If it is because you like it — like the taste — this is the choice you made. But, I have never known a drinker who honestly admitted that he liked alcohol from the start. He had to acquire the taste. Why?

Well, if you choose alcohol to make it easier to talk, make sure you have something to talk about. If it is because you want to relax, let's figure out why you have to relax. Do you have tensions because you are going to have to talk with somebody — or communicate with somebody? Alcohol makes it easier to talk, so you don't have to worry about what you have to say. You no longer worry about whether you have thought before your tongue was loosened.

Many people drink because it is the thing to do; because it is necessary to be part of the crowd. Everybody else is doing it. In a democracy, this becomes a most difficult problem, this drive toward conformity, the organization man. "Be sociable; fit into the pattern." "Shape up or get out." These are the slogans expressing the situations in our society which give rise to the alcohol usage as a social problem. If you drink to be a part of the crowd, let's try to figure out if the crowd is really worth while. Or, do you drink because you haven't anything else to do and you have no other basis for communication? Again, I say, why is it you want to be with that crowd?



## Need for Clear Thinking

These are times when people must be capable of thinking and thinking clearly, both individually and as a group. One of the things you face in teaching is that you have to try to get people to think. And, boy, do they fight it! Everybody hates it; it is at the point where you have to decide whether you want to be a good teacher or a "good guy." Far too many times we have to dismiss students because they didn't meet the challenge to think. People resist thinking. Last week, you discussed the problems surrounding the racial integration problem. When was the last time you talked to someone about this great social problem? You ask, "Why does that concern me?" Well, these people are your neighbors. You either live with them, or they live against you. This is pure practical politics. These problems have to be solved and each of us has to ask ourselves, "What am I going to do about it?" These have become individual problems on the individual's back doorstep and must be solved by good, hard thinking. So, also, is the alcohol problem an individual problem. All these problems require individual thinking of a high order.

You can say whatever you want about the effects of alcohol; to use it as a crutch is to hide concern. What kind of concern? You have to choose a goal for your life, one way or another. I realize that this is a loaded topic these days, but you still have to think about it a little. How are you going to live? You may choose your friends so that you may communicate with them in some meaningful fashion, or you choose some other way out and use alcohol as a crutch for the maintenance of your "amicable" society. If the latter is the case, you have felt, really seriously, the alcohol problem as I see it in our society today.

Let's explore this further. In modern society, and I mean almost any group you get with, you may find it difficult to engage in serious conversation. You may find that if you don't drink, you probably don't belong. The fellow or girl who starts to talk about the political issues of the day is

shoved off into the corner. The person who starts to talk about a new process at the plant is talking shop; he must be shoved to the corner and handed a drink to shut him up. This is the problem. We are afraid to face whatever is important enough to talk about. We are tired of important things. We get them every day. We have to get the letters out; we have to get done whatever there is to be done. And so, we're afraid to talk about these things which should concern us and our thinking.

### **Fact and Fallacy in Relaxation**

Another reason for people to use alcohol is to relieve tension. Most tensions can be relieved in other ways. The big question is how does one relax; one can become too relaxed. Not only does alcohol relax the tension, it relaxes a lot of other things too; such as the tongue and the intellect. The person down the hall whom you haven't looked at twice becomes exciting and attractive. At this point, the judgment as to why you are interested in this person, or why you are relaxing disappears. You no longer are interested in that person for the right reason — that being the fact that he happens to be a person, a fellow human being. With alcohol you forget that the real reason you should be interested in this individual is because he happens to have feelings and difficulties and is looking for someone to become a friend. Instead, you become attracted because of whatever is attractive to a person in weak-kneed moments.

So, for this reason also, alcohol is part and parcel with one of the most serious difficulties of our society. People want to relax not only physically, but mentally as well. They get beyond the point of caring. We Americans become not only very tolerant, but so tolerant we allow anything to exist. We no longer rise up in righteous indignation. The reformer becomes a "kook," a kind of a guy you have to stay away, far away from. We are also so tolerant of anybody's ideas that we don't listen to them. We would rather take a drink, sit down and let it pass over our heads because it might require a little bit of thinking. This is, then, the second

problem, as I see it, with the use of alcohol — that we have used alcohol as a substitute for understanding.

Another subject for most talks about alcohol is alcoholism and the tragedies caused by it. Yes, there are a great number of alcoholics. You can go, on Monday morning, down to the police court and see those poor wrecks who have been brought in for drunkenness. The judge will say, "What did you get the last time?" The man says, "Thirty days." The judge says, "Well, this time we'll give you forty." We have no other way of handling these people. You can talk about the alcoholic as being this kind of statistic. But you can also talk about alcoholism by going back to the user who says, "O.K., I know that I am a potential alcoholic if I use enough of it." But, out of sheer bravado, he says, "I can take it or leave it alone." Maybe he can, I'm not going to argue about that. Nor am I going to argue why I think it wrong for a person to lose control of himself, although I would love to argue from the standpoint that this is not the way man was created. I promised not to talk about history and moral problems, but there is good reason for personalizing the problem. For most alcoholics, the condition started by their taking a drink only to be sociable — in order to be with the crowd. Then, the drink became a crutch in a lot of small failures and conflicts of life. The insidious craving then set in and the disease was in full sway.

### **Personal Decision: The Core of the Problem**

I will proceed from the premise that none of us here are going to be alcoholics. None of us here are unable to handle the problem if we really want to. One thing that we can handle or we can't handle, depending on our decisions, is whether or not we can live without it. One has to make his deliberate decision to use alcohol. This is a purely personal decision concerning your manner of handling those daily situations which are looked upon as difficulties or conflicts. If alcohol is the only solution to the problems of your daily life, then I say we have something to worry about. It is this very problem which becomes the core of the alcohol problem

today. Chemically, physically, statistically, legally, I don't think we can add much. I worry about the problem because we use alcohol as a substitute for just plain being an individual and standing on our own feet and living out our lives as God meant for us.

This is the reason the alcohol problem is as serious as I consider it to be. There are groups which say that the alcohol problem is the liquor traffic. However, the liquor traffic can't exist without something to feed upon. There are some who say that the alcoholic problem is a moral problem, and, because the use of alcohol cuts down your ability to be an individual, I agree emphatically. But, there is one other thing to consider. No matter how big, how little, or how insignificant you might feel, you all mean something to someone. You personally, may be able to handle whatever you are doing, whether it be money, power, alcohol, or whatever. Yet, every time you do something, you are setting an example for other people.

For instance, maybe I drink and three rob roys would not make me drunk. I weigh two hundred pounds, have pretty big bones, and a substantial volume in which to spread the alcohol around. But, how about the fellow who is not so big? Because I can handle three drinks (and I doubt that anybody really handles any amount of liquor), he thinks he can too. I thereby lead him down the primrose path, and what happens? I say to you: you are your brother's keeper, not only to the extent that you care actively for his wants, but also to the extent that you lead other people to make decisions. It is your responsibility to concern yourself with what you do. If I drink, or you drink, it will lead others to follow. Therefore, you have a stewardship of your conduct. Think well on it.

### **"Why Do You Have To Hide It?"**

The Madison Avenue Boys have this figured real well. "A fast one at the cocktail hour is sociable." "Nothing is smoother than Smirnoff's, not a whisper on the breath." You know, there must be something wrong with it if you've got to

hide it. Think about this: Why do you have to hide it? Is it wrong?

Well, for one thing, people are quite familiar with the problems drinkers have and the limitations on human life and efficiency which alcohol creates. So, if you are on a job which requires you to think, if you are on a job which requires somebody to pay attention to what you say; if you are on the job trying to sell something; you must hide your use of alcohol. Your client is looking for someone in whom he can place his trust. If he knows you have been drinking, this knowledge automatically creates some concern that you can't think for yourself; that you don't have the facts; that you can't follow through. You see, all the history, statistics and experience concerning the drinking of alcohol, whether we are conscious of them or not, are a part of the background of our culture. The background that alcohol has produced is all around you, so you don't dare have a whisper of a breath!

So it is that we see that drinking alcohol is one of the great social problems of the day. It is one of the expressions of the escapes from our burdens which have become so heavy because we have become soft and dependent. We are afraid or too weary to stand on our own feet and think as individuals. It's tough. Someone is liable to knock you from your safe perch because they think you're not right. O.K., if it's true you're not right (and be sure you're wrong), why aren't you right? This is where you have to get communication going. You can liquor it up and in that way smooth it out a little. If you do, maybe you'll find out why you're wrong, but more likely, you won't give a damn. This is what happens, isn't it? You never find out why you were wrong. You lose a chance to win and you lose a chance to learn.

Think about it as applied to each of you in your jobs. You ask a question; you expound a point. Somebody says you're wrong. Instead of trying to figure it out and learning from it, you relax and "be sociable;" talk about other things.

## Alcohol No Substitute For Living

Because I am a teacher, I repeat and I repeat here, this is the heart of the alcohol problem today. Alcohol has become a crutch on which a great part of our culture is based. It has become a hiding place to escape from thinking. It has become a shield for covering up the particular problem which has to be faced. Look at another angle. You have a disappointment. The boss chews you out. So, instead of trying to figure it out and work your way around it, it is lots easier to "go down and tear off a fast drink." Pretty soon, the boss is a dumb old guy anyway. After the next one, you can comment even more specifically on his ancestry, and then after the third one, you know exactly where he is going to go. After the fourth one, if you could walk, you'd go back and tell him off. Ridiculous? It happens every day.

This is a pattern of behavior. We escape. Maybe you could have explained your position. Maybe you really needed straightening out. If you needed it, you could have learned from the incident. But, you went for the shield. Behind that shield you can talk and tell real good lies and throw real big rocks. The only thing is, though, that shield gets so big that you can't throw around it because you don't care.

So, the crucial point of this talk is stated again; the alcohol problem is not the problem of the chemical; not the problem of the drink. It is the problem of people as so many of our troubles are. It is the problem of the alcohol becoming the substitute for being an individual; a substitute for seeing yourself and other persons as sons and daughters of the Creator and a substitute for carrying out your individual responsibilities thereby imposed. The use of alcohol is a problem because it allows us to indulge ourselves in the lazy, fearful desire to escape the realities of our lives. As Christians, our culture demands that we live our lives facing forward and confident in our ability to find our salvation in our acts as individuals under the guidance of God and the teachings of Jesus. You can't live this creed and use alcohol as a substitute or a tool for living.



# Social Significance of Alcoholic Drink

by Carl A. Nissen, Ph.D.

Excerpts from  
Lectures

Professor of  
Sociology, O.S.U.

## I Background A Source of Needs

**I**F WE ARE GOING to deal with any such problems as those connected with alcoholic drink we want to be sure that we are getting the real thing. What really is the alcohol problem? Is drinking a symptom of something, as well as a something in and or itself? There are many cases where drinking is a symptom of something else, and unless you get at that something else you miss the boat.

Each one of us has different needs. In our family, my wife, having been reared in a quite different family background than I was, has needs that are different. After all, I'm a European. In the home where I was reared our standards were European. At home in America, there was a fence around the yard, and as soon as I got inside the gate, I was for all intents and purposes a European and in Denmark. Even after being at College in America, and having taught school for a while, then going back down to college and marrying the one girl in all the world for me, at home I was Danish. In college I never spoke Danish, I always spoke English. Why would I speak Danish to people who didn't know it.<sup>2</sup>

I brought the new Mrs. Nissen to my home to visit my family. We met out in the yard where we got out of our old Model-T Ford. My father, sister and brother were there and we talked the language that I'm using now. Father said, "Vell, let us go into de house." So we went into the house.

Later that day we went on to the school where we were

---

FOOTNOTE: These condensed excerpts are from two addresses at the International Intercollegiate School of Alcohol Studies, sponsored by the Intercollegiate Association, at McMaster University, August, 1960. Dr. Nissen is Professor of Sociology at Ohio State University, Columbus, Ohio, and a member of the Executive Committee of the Intercollegiate Association.

both going to teach. I was to be principle, and she was to be head of the English Department. We had been there a couple of months when one day she got up enough courage to ask me, "Why was it when we went into the house that day I first met your family, you and they spoke Danish and didn't speak English? Were you talking about me?"

I said, "Why, we wouldn't do that."

She said, "You did."

And if she said we did I'm sure we did, although I didn't remember it. In the house Danish was the language. Outside the house English was the language. Inside the house Danish culture, Danish mores, Danish folkways. Now they are not much different, but they are different. And I became quite expert in shifting my gears from one to the other.

In me there was a great deal of Europe. In the family in which I was reared, if we had company the table just wasn't properly dressed if there wasn't a glass of wine at every person's place. If this were not so, it was an insult, it was indecent. You were practically telling these people, "Don't ever come back." If you are a good Danish family you just don't treat your friends this way.

My wife on the other hand had different standards. Her mother wore the white ribbon. The family was from Maine. Her father was a Baptist clergyman for 35 years. He had fought liquor traffic all of his life.

At college I lived like an American and no one as far as I know ever discovered that I had these European attitudes, though they were of course there.

After we were married and had started teaching we went to visit a cousin who lived twenty miles away. They insisted that we come and have Sunday dinner with them. So we went up and had dinner with them. After dinner my cousin said to his wife Kate, "Now if you'll clear the table, we'll get the green cloth, and the cards, and the bottles of beer. They insisted we sit down and play. My wife had never had cards in her hands before. She began to turn one color, and then

another color. So when I saw this, I said to my cousin, "We have a long standing tradition that right after dinner we always take a walk, if you'll excuse us for a while." I got her out of there and 'saved the day,' as they say on T.V.

## II One Social Sequence

**I**NCREASED AUTO INSURANCE rates are an example of the social implication of drink. A third to a half of that increase is due directly to drinking drivers. There are of course other reasons for it. Very few young men like to go into the specialty of being an auto body repairman. When you wrinkle a fender, it doesn't take much of a wrinkle before you spend a hundred dollars. As an example a boy in our neighborhood who is now in the army, had a Ford and he happened to side-swipe another car. It wrinkled the front fender of his car so that the head-light was pulled out of alignment. I thought, well young man you just spent fifty dollars. He carried fifty dollars deductable insurance, and that's what he spent. However, it cost the insurance company the rest of the bill which was \$137.00. The cost of fixing these things seems to have gone up, too.

The large part of the increased cost is the increase in the number of accidents due to the driving of people who knew that they did not have too much to drink. Often they will say, "But officer, I've only had two beers." In the United States about 37,000 people are killed annually in highway accidents. This includes pedestrians. In that group, a third to a half are killed where there's been drinking, and drinking is in the chain of causal conditions. I don't mean to say that he has more than .15% of alcohol in the blood. He may not have that, but he has been drinking. When I say in the chain of events, I'm quite aware that you can say that "you can not say that drinking did it." Of course there may be other factors involved which could have caused the accident. But if alcohol is involved we don't know whether it is the alcohol or this other thing. However, we do know that we would have to have both of them absent to have a completely safe driver.

Alcohol in any quantity, as far as I can find out from the

literature I've been reading, will have some effect on whoever uses it, and that in turn affects society. The amount it affects society depends on the amount of drinking, and speed of the function being performed.

The social implications can be measured in terms of lives lost, property damaged, certain diseased, broken families, thwarted lives, and undernourished, misshapen children. Also we know that many of the crimes that are committed are committed by people who have been drinking. Whether or not alcohol has a demoralizing affect upon personality which allows the person to commit the crime I am not prepared to say. Alcohol, however, is in that causal chain.

On the surface the social implications are quite tremendous. That doesn't mean that you have to be a total abstainer, but it does mean that if you are going to drink — give a think.

The evidence favors the view that skills begin to deteriorate as soon as any alcohol is in the blood.

—Dr. D. C. Drew, Psychologist,  
University of London, at the International Congress  
on Alcohol and Alcoholism, Stockholm, Sweden, July, 1960

The keynote at McMaster (1960) was optimism; with vigor we can maintain this outlook. The morning after I arrived home our pastor asked me to speak at our annual church picnic — an ideal situation with parents and children attending.

Steve K. Anderson, William and Mary College; home, Hamilton, Ohio

Since attending the Intercollegiate School, (1956, at the University of Chicago) I have been in Medical School. One might expect to find an intelligent attitude toward alcohol in the environment of a Medical School. Professional people, with technical knowledge of the effects should be capable of recognizing what is "a cup of fury" in the terminology of Upton Sinclair. But what do I find? The drink is a joke; alcohol is in the center of social living. A number of prime prospects for alcoholism are in my own class. My position of abstinence is respected, but it is not understood. There is a lack of desire to discuss alcohol on a rational basis; that might upset the defense of their positions. This they want to avoid.

Norman E. Watt, University of Rochester

WANTED, CHAFFEUR. Must be experienced with Rolls Royce cars, accustomed to night driving, clean record. Total abstinence essential. Apply Managing Director, Brewery, Leeds.

—An advertisement in THE YORKSHIRE (England) POST  
Nov. 1960



Dr. Albion Roy King  
President



Miss Lois Henry  
Secretary



Dr. John A. Linton  
Vice President

## The Intercollegiate

Condensed from Reports to  
The INTERNATIONAL COUNCIL

By Harry S. Wa

**D**ON'T START vast projects with half-vast ideas," quotes a flash card that I picked up the other day. But it is **time to think twice** as I repeat the "Double or Die" challenge of a year ago and the year just ending — but re-incarnated, "Double," **not** "Die."

For the Intercollegiate Association has just emerged from a thirty-year depression and a ten-year crisis period. With the end of 1960 it has reached the forks of the road. We must now enlarge our financial resources, our leadership, our annual budget, and our sense of responsibility for the future or be bogged down in the face of our greatest opportunity in thirty-five years.

The accomplishments of the Association for a half-century are outstanding. All through that period, and at the present time, educators, ministers, editors, scientists, organizers, and reform and political leaders, who were members of the Association in their college years, have been giving life service toward understanding and seeking reduction of the mis-



Dean Paul Selby, Jr.  
Assoc. Gen. Secretary



Miss Elizabeth McCarthy  
Office Secretary



Dr. Harry S. Warner  
General Secretary

## sociation in Action

### General Secretary

fortunes from Alcohol in human living. It has been a creative leader seeking movement for more than sixty years.

#### I. THE CRISIS

But today we face a different situation. The public has grown cold to all aspects of the liquor problem — and college people no less cold. They seem unaware of the situation that yields alcoholics by the million, and depleted personalities by yet more millions—a casualty list that far outstrips those of cancer, tuberculosis or polio; one that can be compared only with war in its withering effects on personality and social and moral standards.

Today, in hearty idealism, college and graduate students and their leaders and instructors, are joining projects to reduce race tensions, to rebuild material, personal and social war destruction, and by thousands are volunteering to give their service for a year or two to the Peace Corps of 1961. Thus, they begin a life service of interest to these causes. And that is good. But, so many seem to be unaware of the alcohol prob-





Mr. R. David Alkire  
Assoc. Editor



Rev. Henry C. Jacobs  
Assoc. Secretary



Rev. Robert Regan, Jr.  
Dean Intercol. School

lem. This is in sharp contrast to the situation previous to 1930.

In the Intercollegiate Association we face a crisis — the need of men and money. Notwithstanding all efforts by a special committee and the rest of us to engage an experienced young man **sufficiently devoted** to the purposes of the Association to accept the responsibilities of financial leadership, we have not succeeded in doing so. And this in face of the fact that we have had a substantial standing offer to underwrite his service for the first year—an offer utterly unknown in all our previous 60 years—and with it a backlog of \$85,000 in interest-producing investments and experience-tested programs.

## II. TO CONFRONT THE CRISIS

A noted Harvard sociologist, in a study of lasting world progress, says that crises and creative opportunities come together. The crisis is a factual reality; the opportunity is the vision of escape from it—the reality beyond the moment. Spurred by insecurity and danger, men invent new techniques, move forward quickly. Their minds become creative; they reconstruct programs and win out over the crisis.

## NEW AWARENESS

Recently public concern about intoxication and alcoholism has been growing rapidly. Rudely realistic on the highway, "drinking driving" is more than a symbol of the present situation. Its many other sequences are becoming too obvious to be ignored—the never-ending stream of inebriated humanity, the "alcohol sick",—these are now receiving the service of specialists, psychiatrists, medical doctors, the A.A.'s, and governmental officials, in addition to the concern hereto shown by educators, religious and reform leaders. This new approach appeals to all thinking younger people.

Equally significant in support of this conviction is the attention now being given by university-sponsored institutes, teacher training programs, and summer schools relating to the problem that has sprung up across the country in very recent years. Leadership in the higher educational field is now being given as never before in North America.

It is up to us to seize this opportunity, the most promising for advance in thirty-five years, enlarge our working organization, our program, our leadership, and our annual budget, so that the Association may **command more effectively** the attention and respect of men and foundations who are able to give large financial support. To do this we should quickly provide a field of service, **not to just one, but to three dedicated YOUNG MEN**, or two young men and one young woman, who have the vision of service now open in the modern mental health approach to the alcohol drinking problem. There are such men and women available among those who see this problem as one of public health, mental, social and moral. To look for young, devoted, Christian leaders of this type is worth serious trial.

### THREE — NOT JUST ONE

The team of three would naturally include one of executive ability, to be public leader, speaker and counselor among both faculty and students; one with writing and editing qualifications and operating detail; and a third, a recent student

himself, who understands the campus psychology of today, for direct contact and organization among student leaders and groups. These and other qualifications would naturally be rearranged to correspond with the abilities of those engaged to carry on the program as a whole. Above all we must have men of **deep concern regarding this problem**, and who are challenged by the very seriousness of alcoholic drink in modern society.

Let us see if we cannot get for our leaders of the future young men and women who have had their educational background in the social sciences, particularly social-psychology, sociology, medicine, and public health. Some, of these with advanced degrees, are already taking particular interest in the problems of alcoholism and are beginning to study the social culture out of which so many of the disorders connected with the cult of alcohol arise.

For such information as it may provide, I add a brief report of the activities of 1960 and their projection into the immediate future:

### III. PRESENT ACTIVITIES

(1) THE INTERCOLLEGIATE SCHOOL OF Alcohol Studies at McMaster University, August 20-25 had an attendance of fifty-five college and graduate students, leaders of student organizations, and professors. Each day there were three basic lectures and three discussion groups. Field study included a visit to the Rehabilitation Center for Alcoholics at the Provincial prison of Ontario at Mimico and a lively session with fifty A.A.'s in Toronto. The cost excluding office and overhead was \$2,906.61; the income from registrations and scholarships was \$1,407.00, thus leaving a deficit of \$1,499.61. This is one-half of the total cost. We need for 1961 a special contribution of \$1500 to continue the same program and to enlarge enrollment.

(2) "THE INTERNATIONAL STUDENT" seeks to reflect the objective philosophy of the Association. This year

it was mailed to 7,000 college addresses. These included 900 deans of students, 1500 libraries, 1007 fraternities and sororities and other organizations. The cost of printing and mailing was \$3,435.70. The income from subscriptions and gift subscriptions was \$621.00; the deficit, \$2,814.65. For many years, until five years ago, we received large annual contributions for this particular purpose. To keep "The Student — Digest of Alcohol Studies" at its present level of quality and circulation will require an additional \$2800 in either gift subscriptions or an annual subsidy.

(3) THE ROBERTS EDITORIAL program provides \$2,600 annually for cash and scholarship awards and operating expenses to encourage study and writing by students and teaching by instructors on current aspects of the problems of alcohol. The theme of 1960 was, "Problems in the Control of Alcoholic Beverages." The winner of highest honors was a senior at the College of St. Mary of the Springs, Columbus, Ohio. The scholarship awards aided students in widely diversified universities and colleges of the United States and Canada to attend the Intercollegiate School of Alcohol Studies for a week each year in mid-summer.

(4) EDUCATIONAL LECTURES AND CAMPUS SEMINARS. The Association is prepared to cooperate with colleges, college groups, and faculty members in setting up one to three-day "campus seminars" and conferences beginning in the college year 1961-'62 to provide outstanding educational speakers and staff members to lead group discussions and organize these programs. This project has been fully tested. New contributions of at least \$3,000 to \$5,000 are needed to give it adequate support.

(5) NEW PUBLICATIONS. It has been proposed recently by members of the Council and long-time friends that a biographical history of the Association, from its organization in 1900 to date, be undertaken very soon; that it be objective, yet realistic, reflecting the background and public understanding of the problem as found at different periods

in the sixty years, and the activities and philosophies of the Association at these different periods in the thinking of those concerned about alcoholic drink in human living. Special contributions of \$2,500 would be needed to provide clerical and other help for this project.

#### **IV. RESOURCES FOR EARLY ADVANCE**

The resources of the Association for vital accomplishment, however, are greater than at any time in 30 years. They are sufficient to win over the crisis. Note the following:

1. The philosophy and program of the Association have changed, gradually, from period to period, to correspond with changes in educational understanding and procedure. The results of scientific research and the additions it makes to previous scientific knowledge are taken into account. Frank study of the best information and the making of personal and group decisions on the results of such study have long been fundamental in our activities. Such study leads naturally to the examination — and often serious questioning — of social drink traditions, motivations, conduct, and consequences. It raises the practical question: What can we do about it?

This objective approach to the alcohol problem, to encourage personal decision out of first-hand study had a place in the program of the Association as early as 1900. However militant other activities may have been at times, the principle of responsible decision has been respected and effective during the years. The four young men who re-organized the movement fifty years ago regarded "study it for yourself" as the natural way to service in the cause.

Today, even more explicitly, free discussion of all aspects of the alcohol problem is the approach that yields real education and lasting understanding. Propaganda and semi-propaganda do not appeal to thinking young adults. On so controversial a public question as alcoholic drink, or the limiting of its availability by restriction, or its banishment., the objective approach is the only one that wins the confidence of the many younger and older people who accept

drink customs as a "way of life."

Conflicting views, now so prevalent, need to be brought into the open, scientific data assembled, compared, and freely discussed. The pleasures of mild intoxication that are wanted by vast numbers will thus be studied — and confronted — by the very serious facts of drunkenness and its personal and social consequences. Thus, the learning process takes place. Thus, a foundation is laid for the growth of a sense of responsibility for consequences.

The educational approach of free-discussion and its ramifications is one valuable resource that the Intercollegiate Association of today has to offer the future in the larger civic movements that face both the "cult of drink" in society, and the traffic in its production and sale.

2. The Association has gained, through the years, a reputation for loyalty to these educational ideals. This is recognized wherever our work is or has been known. No other organization, specifically related to the Alcohol Problem occupies so strategic a position. This is a resource of sacred value. Our desire is to win the fellowship of thinking youth to this basis for mutual study, rather than to promote programs of authoritative statement.

3. Another resource is the ability of the Association, gained by much experience, to accept the results of both recent and accumulated experience and research as a basis for programs that are broad enough and deep enough to reach, to understand and to reduce all the sources of the alcohol cult, including those that come from the tradition, the social customs and economic promotion, as well as those that center in the personality of the individual and the tendency toward "excess" in drinking. The drunk on the street, the delinquent child, his home, the saloon, the alcoholic, the "Monday morning hangover" in industry, the driver on the highway, alcoholic "sickness," and the correlation of conflicting social attitudes and customs all require adequate understanding; also the legislative side of the problem, in-



cluding the driver on the highway, trade advertising and promotion, and the liquor traffic. All of these have a necessary place in any rounded study program.

4. The INTERCOLLEGIATE SCHOOLS of Alcohol Studies, tested now in eleven successive summer sessions, give qualified students a week of intensive study under the inspiration of scientists, educators, and counselors. These Summer Schools seek first to interest and strengthen leadership—first, in the colleges and student movements; second, in preparation for civic life and service. Instruction has been high grade and student participation freely given and unlimited.

5. The ROBERTS Invested Funds to encourage study, research and editorial writing, offer annual cash and scholarship awards, are the result of a generous gift—an endowment—by Logan H. Roberts who was an inter-college secretary in the early days of the Association.

Mr. Roberts, for years a successful lawyer and businessman of the state of Washington, died in 1953. Six years earlier he had begun to set up a trust fund, adding to it for himself and the Roberts family, until it reached a substantial total, yielding an annual income to be used in awards to students for study and writing on the problems of alcohol. Dedicated to successive generations of undergraduates, these annual awards are a memorial to his life-service in law, business organization, and his church. Each year, the winning papers are published in THE INTERNATIONAL STUDENT and distributed to 1800 colleges of the United States and Canada, a thousand high schools and hundreds of young leaders.

6. The TOTAL PROGRAM of the Association, thus, with its integrated parts, is a balanced unit with each project coordinated with all the others. The preparation and distribution of specially-edited literature, discussion, and study programs, utilization of basic scientific information, the Editorial Writing Awards, the Intercollegiate Schools of

Alcohol Studies, the INTERNATIONAL STUDENT, to spread the activities and principles of the Association and a membership of student groups, professors, and alumni — each is a part of one International, Intercollegiate Movement that seeks, first of all, understanding — then, service toward solution of Alcohol Problems and the growth of normal, healthful living that is free from dependence on alcoholic intoxication for social and personal happiness.

NOW THAT A NEW DAY has come, let us build, with the cooperation and leadership of courageous young men and women, a movement that can put into effect the basic purposes of the Association to an extent that has never before been undertaken.

THIS CRISIS PERIOD IS OUR CREATIVE PERIOD.

---

## **The Man From The Shadows**

**by Dave Alkire**

**A**S HE WALKED to the train station, David pondered over the idea of responsibility with which his father had challenged him. All of his home and church learning, and his sense of conscience responded to the truth in his father's words. Yet, he wondered, why? Why wasn't he free to enjoy life without being burdened with anything except his own pleasure?

He became so deeply involved in these introspective thoughts that he almost didn't hear the voice out of the darkness. "How about fifty cents for a meal, buddy?"

He turned and saw an old man standing behind him. The street was so dark at this point that the intruder's features could not be distinguished. David didn't like having his thoughts dispersed. He answered sharply, "I'm sorry, but I can't spare you anything; please don't bother me."

The man moved closer. His old wrinkled face looked up at

the tall, neatly dressed young man. He smiled, then turned away. David watched him as he limped down the street into the shadows.

Surprised at his own words and actions, he found himself calling "Wait!" as he ran after the man. "I've changed my mind," he said between deep breaths, "I'll buy you your supper. Come with me."

The feeling of guilt which he had experienced deep down inside was now lifted. He knew that his impulse to reconsider was the right decision. Maybe this was the first step in accepting responsibility.

They walked quietly to a near-by restaurant. As they sat down in a booth facing each other, David noticed for the first time how dirty and ragged the man was. Nevertheless, David watched him eat. He noticed his derelict friend had perfect manners. Holding his knife and fork just right, he cut his steak and drank his coffee with a style which surpassed David's own skill. Thus, David couldn't help but feel that he was in the presence of a man who at one time had been a refined gentleman.

They introduced themselves without shaking hands. After the second cup of coffee, the old man, whose name was George, began to relax. He even looked a little happy.

"Listen, George," said David, "I've given you something, now how about you giving me something?"

"There's nothing I can give," the older man answered with a slow smile, "except the knowledge which comes from experience."

"That's just what I want," said David enthusiastically. "I want to know your background, and, most important, I want to know what you think about life."

"Well, it's a long story, David," said George, "but I'll tell you about it. You see, I'm what your philosophy professor would call a hedonist. I've spent a great deal of my life searching for pleasure, pleasure indefinitely prolonged. And I've almost found it. The only trouble is, I can't seem to

prolong it."

"How could your philosophy bring you to where you are now?" asked David when the old man paused to light his pipe.

"Give me a little time to think," the man answered. "This is the first time I've shared my thoughts with anyone for a long time, and it's a little hard to find the right words."

"Life was never very pleasurable when I was a child. My parents were so strict that they never gave me a chance to have any fun. My life was based upon don'ts. Don't smoke. Don't drink. Don't go with the girls. Don't swear. Don't eat with your mouth open. Don't speak unless spoken to."

"You know, I still eat with my mouth closed. However, all of the other don'ts became do's as soon as I escaped their iron hand."

"How did you escape?" David asked.

"My parents sent me to Ohio State University. The first party I was invited to was at the home of my education professor. This was where I had my first drink, and boy, it was awful! However, drinking, even at this early stage did bring me pleasure in the sense that I was accepted in the group."

"Being a part of the group was very important to me at this time. This improved my relationship with my fellowman, which in turn improved my relationship with myself."

"I don't quite understand," said David.

The man went on to explain: "It seems to me that man has two basic relationships in life. He has a relationship with his fellowman, and with himself. Now his relationship with his fellowman is only important as it affects his relationship with himself. Since man lives only a short life and then dies, his relationship with himself is his most important relationship. Therefore, man should dedicate his life toward bettering his relationship with himself."

"I began to realize this more and more as my college years went by. I figured that no one was important except me. I dedicated my life to my social and personal improvement. I figured that the more I improved myself, the better my self-re-

lationship would be, and the greater my potential pleasure would be."

"I hate to interrupt," said David, "but how about your relationship with God?"

"Bah!" the man growled. "I never found a God when I asked his help as a boy. I soon learned that he was only a symbol of power which my parents held over my head. I have tried to believe in him since but I have found nothing. Oh, I played the game. I went to church and found some pleasure there. But it was strictly social."

David had never met a real atheist before and he had several questions he wanted to ask him. He decided to save them and not interrupt again.

So he listened as the man went on: "I married a very nice girl. She was kind, and gentle, and a hard worker. As I told you before, I had a good business and for several years I was completely happy. My greatest pleasure came from self indulgence. I'm not sure what happened to destroy this setup. One day I was rich and happy, the next day I was penniless and miserable. One of the things which probably destroyed me was my impatience for uninhibited or unlimited satisfaction of the urges which brought me pleasure. However, the pleasure, or the euphoria which I got from drinking never failed me. As the years went by I relied on it more and more. My wife couldn't stand the competition of a bottle, so she left me.

"Now understand me; I received and still receive pleasure by answering all of my urges. But none are lasting except drinking. The only problem is that I can't stay drunk all of the time. I am cursed by the necessity to sober up long enough to steal, beg, or borrow enough money so that I can get drunk again. I guess it's impossible to know any lasting pleasure in this life. Maybe death is the answer, at least this will be lasting."

The old man had a far-off look in his eyes as if he were talking to himself. David felt a slight chill go through his body. It made him want to cry. As he left the booth and

walked over to pay for the meal he wondered what he could do to help this old man. His problem was answered for him: when he went back to the booth where he had left his new friend, he found it empty. The man had gone.

David felt very sad as he continued his walk to the train station. He had the feeling that this man was soon to have a first hand relationship with God and there wasn't anything now that he could do about it. He did pause and look up at the sky. Silently he thanked God for his parents who had given him love and understanding as a child and young man. He also thanked Him for giving him the insight into a problem which he never realized existed before. As he prayed, he pledged himself to do something about it.

---

## The Toxic Feeling

Compiled by Willie J. (An A.A.)

Condensed

From THE BEAM, Prison  
Bulletin, Marquette, Mich.

**S**OME WILL SAY that the cup which cheers has full support among its friends in the form of expression and the feeling that it brings. The truth is, the state of toxic enjoyment itself is a state of intoxication and personal disorder. It easily slips into a state of emotional disorder, inability to discriminate, confused and unpredictable conduct that is characterized by aggressiveness, and lessened concern for others.

Sociologically speaking, alcoholic satisfaction and release bring into the everyday living of even normal people as well as the disordered who are particularly susceptible, many hours or many days in which they are more prone than usual to commit overt anti-social acts.

Consequently, neither the industry that profits by supplying the essential factor in the acquiring of these states of disorder . . . this disturbed function of the brain . . . nor the ap-

---

Willie J., an inmate is chairman of the Narcotics Anonymous group at the Michigan State Prison, Marquette. *THE BEAM* is a bi-monthly, compiled and edited by members of the Lighthouse Group of Alcoholics Anonymous.



proving group opinion, can avoid sharing in the responsibility of the social outworking of these states of toxic feeling.

### **Why Help Is Needed**

Scientific investigators regard the alcoholic as a sick man. He is not merely a moral or social delinquent, a willful disturber of the happy living of himself, his family and friends. He is not merely a sinner against his own group, or an object of police attention. And whether his alcoholism is a disease or not, one cannot overlook the fact that matured alcoholics are sick people.

That alcoholism is a plague to human health goes without saying. The antics of an intoxicated man, therefore, when properly understood, can no longer be taken lightly. The disorder in his brain is too serious, too abnormal. It is much more than an expression of immorality, much more than toxic misdemeanors that end after a night in jail and a \$25.00 fine. Frequently, they are the outward marks of serious inner conditions, of emotional, nervous or physical disorders. Many heavy drinkers are such because of an inner urge that has grown beyond their control, so they drink to escape, temporarily, from something that to them seems to be worse than drunkenness, worse than the "morning after" as they know only too well.

The 300,000 seriously alcoholic sick do not constitute a large percentage of the 50,000,000 users of alcohol in this country. But including the 4½ million excessive drinkers, many of whom are at least on the border line of mental, physical or social illness, the ratio is very great, as compared with those afflicted with, or approaching, other diseases. In such comparison, the national total of alcoholic sick forms a gigantic health problem.

For the alcoholic, as for the care of all sick people, a hospital and the service of the expert is necessary . . . the doctor, the sociologist, the especially equipped minister or his friend from Alcoholics Anonymous, who knows him, his attitudes, his sufferings, his evasions and his problems . . . THESE RENDER THE SERVICE NEEDED!

## LETTERS TO THE EDITOR

Shaw Walker Co.  
Muskegon, Mich.

To the Editor:

Copies of THE INTERNATIONAL STUDENT on the reading table of our -and other industrial plants may be of real help to some alcoholics.

Mr. Harrington, Treas.

---

San Antonio, Texas

To the Editor:

I read with pleasure your annual report. It revealed much activity. The Association is continuing a splendid program. I noticed a new staff member, a graduate of Southern Methodist University, Dallas, Texas. You may have forgotten that I organized a local club at Southern in 1916, when I was a Field Secretary of the Association.

Otto W. Moerner

---

Washington, D.C.

To the Editor:

How you keep your SENSE OF FUTURE PROMISE is more than I understand. What a lift it gives one just to catch a whiff of your bold thinking. There is nothing else that does so much to renew my sometimes flagging belief in human nature.

We cherish greatly the opportunity we have had to associate with you, to work with you, and to help bring about even a small portion of your vision of objective alcohol education.

Stanley and Ruby Knock

---

Flint, Michigan

To the Editor:

I am an alcoholic. I conduct free weekly therapy classes for alcoholics, and some others. So far, I have eight alcoholics living sober lives out of eleven who have come to me for help. Recently, I was given a copy of THE INTERNATIONAL STUDENT. Let me know how I can get current copies and your literature.

G. F. W.

### GROW UP! OR CAN YOU?

Because the fundamental characteristic of an alcoholic is immaturity, he is unable to face the responsibilities of a stable relationship with persons of the opposite sex, says Edward M. Scott, of the State of Oregon Alcoholic Education Committee. Of the women alcoholics studied, 80 per cent known to have been married were divorced. Among the men 56 per cent of the known marriages ended in divorce.

# INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

**McMASTER UNIVERSITY,  
HAMILTON, ONTARIO, CANADA**

The School offers college students, their leaders and counselors, and young adults with college interests, AN OPPORTUNITY to —

- Gain a basic understanding of the problem —and problems—related to alcoholic drink in modern living.
- Recognize objective study as fundamental in study and discussion of these problems.
- Work out together bases for intelligent personal and social decisions.
- Develop thinking toward constructive action and service,

**September 2 through 5, 1961**

The Intercollegiate Association for Study of  
The Alcohol Problem  
For Program and Enrollment  
write the Columbus office

John A. Linton  
Vice President  
11 Prince Arthur Ave.,  
Toronto 5, Ontario

Harry S. Warner  
General Secretary  
12 N. Third St.,  
Columbus 15, Ohio

---

2 IS35Z 2A-IS  
PACIF.SCH.OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# Student

September,  
1961

## *Digest of Alcohol Studies*

### *In This Number*

Mental Health and Alcohol Problem Education .....	3
The 1961 Intercollegiate School of Alcohol Studies .....	7
College Students write on "The Role of A.A."; Roberts Editor Awards of 1961 ...	13
"Road Back to Humanity"	
"A.A. — Way of Life"	
"Survey of Alcoholics Anonymous"	
"Arrest by Concern"	

Minges Science Bldg., Lenoir Rhyne College, Hickory, N.C. (See page 8)



v. 59

1961/62

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor

R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

September, 1961

Vol. 59, No. 1

"THE CAMPUS SCENE" by Lawrence Riggs, Dean of Students at DePauw University, Greencastle, Ind., is an objective discussion of the problems of Alcoholic Drink in the college community today. It is to appear in the November number of "The International Student" as an article condensed from an address at the Intercollegiate School of Alcohol Studies at McMaster University, September 2-7, 1961.

THE ROBERTS EDITORIAL WRITING PROGRAM ..

Offers \$2,000 in Cash and Scholarship Awards to college (undergraduate) students on the 1961-62 theme:

**COLLEGE DRINKING RULES: Do  
They Accomplish Their Purpose?**

These awards may well encourage college undergraduates to investigate, discuss and write freely for possible publication, the results of their own thinking on these questions which in turn may serve as a basis for further study at the Intercollegiate School of 1962.

**The Intercollegiate Association  
12 N. Third St., Columbus 15, Ohio**

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# A Mental Health Approach In Alcohol Education

John J. Pascuitti

Condensed Excerpts

Supervisor of Alcohol  
Education, State of Vermont

**W**HEN I BEGAN TO CARRY OUT the mandate I had legally received to develop a program of education on the alcohol problem in Vermont, I soon decided that I could not bring in all the facts relating to alcohol, alcoholism, skid-row, and social problems nor did I assume that this would make youth into good citizens and develop character.

We floundered a long time and may still be floundering, but the thing that gave me my foothold came as I returned to Vermont after sitting in the seminars at Yale for a month — very confused, not knowing what to do. I remember just one thing that was very close to me — that it had been said that the use of alcohol was a symptom of the personality problems of a person who is having difficulties and is using it as a crutch. But other authorities, mostly physiologists, said that it is a disease, and that whether it is a symptom or a disease depends on the discipline of the authority. If he is psychiatrically oriented, it is a symptom; if he is physiologically oriented, it is a disease.

A superintendent of schools leaned across the aisle in a seminar and said, "Can you-all tell me how a thing can be a symptom and a disease at the same time?" And I couldn't. But I was thinking about it, especially in relation to public education. Then I saw an article written by a doctor who

---

This article is condensed from parts of a lecture at the Intercollegiate School of Alcohol Studies, McMaster University, Hamilton, Ontario, September 17, 1961.



was considering this question in relation to the success that the A. A.'s are having. He wrote that you can look on this question about as you look on cancer. Cancer may be caused by irritation. If you are able to reach the irritation in time, you can work on it as an irritation. But once you have cancer, forget the irritation. You've got to medicate or operate; you've got to work on the disease. Suddenly I realized what my work was to be as far as young people and the schools are concerned — the area of the irritation. It was not the disease that youth needs to know about, but an understanding of the disease in terms of a preventive program.

### **Place of Concern to Education**

Now what are the irritations? What justification is there for taking a concept of education on alcohol that concerns itself with the growing process? If you look at alcohol in society, you will find that it is a pretty important chemical. People are spending \$10,700,000,000 a year for alcoholic drink. Why can't we decide that tomorrow morning we'll put this \$10,700,000,000 into schools? It would more than double the amount we are putting into education. No one would be sacrificing one calorie that he can't do without. We would have a better social situation. This is very important to our parents, ourselves, our friends, and our citizens. Why is it important? Because many people need alcohol as a crutch — a crutch to live with and to live by.

In the main I don't need, with college people, to document much at this point. You have better training in psychology and the other behavioral sciences than I ever had. Tell me, is it true that people can't function in the area of interpersonal relations without a sedative? Give me an example of an institution or activity where people are using alcohol in interpersonal relations. Cocktail party. You get oiled and you function better in interpersonal relationships. You get a dozen people together to have a good time. How do they prepare themselves to enjoy each other? In exactly the same way they would to undergo an operation — become anesthetized.

The psychiatrist has a way of expressing it. We are in a

sore society; we are not friendly enough; we are not warm enough to enjoy each other. We have to live with other people but can't without a chemical. How inadequate are we!

### **Areas of "Crutch" Use**

Then we take another area where alcohol is used as a crutch — living with yourself. Last night our lecturer told us how she relaxed. She does not take alcohol. She takes five grains of aspirin. What's the difference? They are both chemicals. You say aspirin is not addictive. I wonder. Here is a person who in a life situation is well educated, sociologically trained — a perfect illustration. Here is a person who cannot relax without a chemical. There may be better ways of relaxing, but we do not have the techniques in our present terms of living with ourselves. In 1956 there were three hundred billion tablets of tranquilizers prescribed; over three million tons of aspirin were sold; there are over two hundred varieties of tranquilizers. We have reached the point where we cannot live with ourselves without chemicals.

Another area in which we use alcohol as a crutch is in our business life. Some people cannot stay on the job without having a nip in the middle of the day. Many professionals can't digest a dinner without a couple of highballs. An experience at a conference on juvenile delinquency at a college where I used to teach was fascinating. We had many well-known men in social psychology, sociology, and psychology. A refreshment hour was scheduled at the President's house for 4:30. Martinis and manhattans were to be circulated and everyone knew it. We were having high and mighty talk about youth, responsibility, juvenile delinquency, and what is wrong with society. But you could feel the tension as the 4:30 hour approached. All that verbalization was meaningless. It provided no satisfaction, no inner comfort, no inner meaning. We were just going through the motions.

### **Society and the "Crutch"**

Now you see the picture that I am presenting here in terms of its background. It is this: A society which is building people as we are, who can't function in interpersonal

relationships, in living with self, in work, and other important areas of living is hooked from the start. There are things which everyone has to be able to do successfully in order to get any satisfaction or sense of achievement out of life. If you have to do these things by means of a chemical, you are using a crutch; you are hooked. To college and high school students this is the most important lesson related to alcohol — the most important in education on the problem of alcohol.

If you learn to socialize in boy-girl, or any other type of tension-creating situation, you are gaining in experience. But if you resolve these problems through a chemical, you are not developing the social and emotional arts you need. You are not developing the resources you will need in order to function fully in mental health. This is what is meant by arrested development. You will remain at that childish level all your life. This is what we mean when we speak of people being emotionally immature. Sure they are men. Sure they are women. Sure they marry and have families. But they just go through the motions. The man takes no satisfaction in supporting his family, in providing for it, in taking joy in it and meeting the struggles of life; the woman the same.

This seems to me to be the important message in alcohol education. This is the toe hold that makes sense from a school and educational point of view.

### **New Basis for Education**

What justification is there for making this new educational approach. At first I did some research to find an answer. Since that I have been reading and working ten years and I think it makes sense. Dr. Milton Potter, M.D., chairman of a committee of the American Medical Association on the alcoholic, and founder of the Western New York Clinic, says that the more one studies the case histories of alcoholics, the more he is struck by the fact that the alcoholic is an individual who has never grown up emotionally. He has the character-

**(Continued on page 22)**

# The 1961 Intercollegiate School Of Alcohol Studies

By Elizabeth McCarthy, '63

Ohio State University

**F**ORTY-ONE STUDENTS, eight regular staff members, plus many internationally known special speakers gathered together on the afternoon of September 2 for five days intensive study of the alcohol problem.

The students came to McMaster from many parts of the United States and Canada — from colleges as far north as Newfoundland and Nova Scotia to as far west as New Mexico and Texas. This meeting of students from all parts of the two countries and the various cultures represented helped insure the objective approach of the School.

The program began with an orientation session in the evening of September 2. It included a trip to the Mimico Penal Clinic for the rehabilitation of alcoholics, a visit to the Canadian National Exhibition in Toronto, an evening with the Alcoholics Anonymous of Hamilton as well as excellent and informative lectures during the days, and concluded at a banquet in the evening of September 7 with entertainment provided by the students themselves. Also included in the week were small student-led seminars which allowed for open and free discussion of personal and campus situations relating to the alcohol problem.

The week spent on the lovely McMaster University campus with wonderful people was just the atmosphere to study the alcohol problem. Many people hated to leave and more than that, felt that they had learned many things, not only about alcohol, but also about Christian living and the happiness possible through the alcohol-free way of life.

(An enlarged report of the School and publication of the lectures will appear in the November issue of the "International Student.")

# Roberts Editorial Awards Of 1961

**M**ISS ELIZABETH HERION, '61, of Lenoir Rhyne College, Hickory, North Carolina, won Highest International Honors in the Roberts Editorial Awards of 1960-1961. The theme was "The Role of Alcoholics Anonymous in the Community", and Miss Herion wrote under the title "Road Back to Humanity" relating her subject to the general good accomplished by Alcoholics Anonymous in society as a whole.

The Roberts Editorial Awards sponsored by the Intercollegiate Association for Study of the Alcohol Problem are made possible by a fund established by Logan H. Roberts, one of the earliest leaders of the Association, and have been continued by his son, Donald H. Roberts. Through this project thousands of students in Canada and the United States investigate the problems of alcohol in human living and begin thinking for themselves, often as an assignment in a college course. Many would never have studied the problem except through this contest. Awards each year approximate \$2,000 including scholarships to the annual Intercollegiate School of Alcohol Studies. First prize this year was \$200 and a scholarship to the School.

The second honors award, \$100 and a scholarship, were won by Miss Sherry Sue Ann Smith, '63, Ohio Wesleyan University, Delaware, Ohio, who wrote on "Alcoholics Anonymous—A Way of Life."

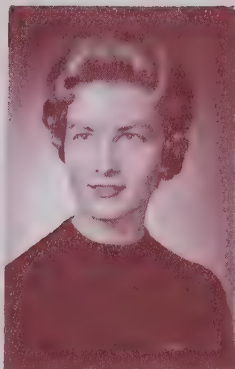
Two third honor awards were won by Margaret Joan Hamilton, '64, Acadia University, Wolfville, Nova Scotia, for "A General Survey of Alcoholics Anonymous" and Kenneth L. Wise, '61, Midland College, Fremont, Nebraska, for the editorial "Arrest by Concern."

Four fourth honor awards were as follows: Max W. Chesnut, '62, Louisiana Polytechnic Institute, Ruston, Louisiana, "Alcohol vs. Alcoholics Anonymous"; Connie Christensen, '64, Nebraska Wesleyan University, Lincoln, Nebraska, "A Chance To Live"; Alexander Miller Finney, '64, Acadia Uni-



Elizabeth Herion  
Lenoir-Rhyne College

**FIRST**  
Road Back  
to  
Humanity"



Sherry Sue Ann Smith  
Ohio Wesleyan Univ.

**SECOND**  
"A A—  
A way  
of Life"

versity, Wolfville, Nova Scotia, "Just for Today"; and Zita Eloise Wald, '63, College of St. Mary of the Springs, Columbus, Ohio, "The Silent Enemy."

### The Fifty Finalists of 1961 were:

Tony Anaya, '63, Grand Canyon College, Phoenix, Arizona  
Dallas Baillio, Jr., '62, Louisiana Polytechnic Institute, Ruston, La.  
Alan D. Ball, '62, Cornell College, Mt. Vernon, Iowa  
Lorene Bunting, '64, Wartburg College, Waverly, Iowa  
James E. Carlquist, '63, Cornell College, Mt. Vernon, Iowa  
James Allen Carte, '62, West Virginia University, Morgantown, West Va.  
Hugh Chairnoff, '61, Drexel Institute of Technology, Philadelphia, Pa.  
Max W. Chesnut, '62, Louisiana Polytechnic Institute, Ruston, Louisiana  
Connie Christensen, '64, Nebraska Wesleyan, Lincoln, Nebraska  
Edwin Scott Cunningham, West Virginia University, Morgantown, West Va.  
Anna Louise Dobbs, '61, Acadia University, Wolfville, Nova Scotia  
Alexander Miller Finney, '64, Acadia University, Wolfville, Nova Scotia  
Robert H. Ford, '62, Central Connecticut State College, New Britain, Conn.  
Thomas S. Geis, '63, University of Dayton, Dayton, Ohio  
Gary Grogan, '61, Ottawa University, Ottawa, Kansas  
Margaret Joan Hamilton, '64, Acadia University, Wolfville, Nova Scotia  
Robert H. Heim, '64, Westmar College, Lemars, Iowa  
Lois Henry, '63, York University, Toronto, Ontario  
Elizabeth Herion, '61, Lenoir Rhyne College, Hickory, North Carolina  
Marian Starr Keller, '64, Mars Hill College, Mars Hill, North Carolina  
Robert F. Kuehnel, '62, Central Connecticut State College, New Britain, Conn.  
Jean Lane, '64, University of Chattanooga, Chattanooga, Tennessee  
Sandra Litzinger, '62, Saint Mary of the Springs College, Columbus, Ohio  
Roberta S. Long, '62, Lenoir Rhyne College, Hickory, North Carolina



Joanne F. Luckino, '63, Saint Mary of the Springs College, Columbus, Ohio  
 Rita Manning, '63, University of Toronto, Toronto, Ontario  
 Vincent Elyidardy A.P. Mbirika, '61, Philander Smith College, Little Rock, Ark.  
 Jeannette M. Miller, '64, Wartburg College, Waverly, Iowa  
 Joe Moher, '63, St. Michael's College, Toronto, Ontario  
 Celestine Montague, '64, Philander Smith College, Little Rock, Arkansas  
 Earnest O. Norris, '63, Cornell College, Mt. Vernon, Iowa  
 Judy Plihal, '64, Nebraska Wesleyan University, Lincoln, Nebraska  
 Harold E. Robinson, '62, Grand Canyon College, Phoenix, Arizona  
 Yolanda C. Rossi, '61, University of Utah, Salt Lake City, Utah  
 V. A. Saver, '63, St. Michael's College, Toronto, Ontario  
 Sherry Sue Ann Smith, '63, Ohio Wesleyan University, Delaware, Ohio  
 Lawrence Arthur Stone, Jr., '62, Drexel Institute of Technology, Phila., Pa.  
 Harris Shure, '61, Hartwick College, Oneonta, New York  
 Robert L. Sullivan, S.J., '61, Spring Hill College, Mobile, Alabama  
 Irvin Durward Talbott, West Virginia University, Morgantown, West Virginia  
 Jenny Lynn Temple, '63, University of Wisconsin, Madison, Wisconsin  
 Zita Eloise Wald, '63, College of Saint Mary of the Springs, Columbus, Ohio  
 Rita Walsh, '64, Lambuth College, Jackson, Tennessee  
 Lynn Roberta Weber, '62, Midland College, Fremont, Nebraska  
 Kenneth L. Wise, '61, Midland College, Fremont, Nebraska  
 Margaret Wood, '64, University of Chattanooga, Chattanooga, Tennessee  
 Alfonso Wright, Savannah State College, Savannah, Georgia  
 Margie Young, '63, Saint Mary of the Springs College, Columbus, Ohio  
 Michael Samuel Zuckerman, '62, Colorado State University, Fort Collins, Colo.

This is the first time in the history of the Awards that one college, Acadia University secured two International Honors in one year.

The final judge in the four-step series to International Honors was Dean Paul L. Selby, Jr., recent Associate Dean of Law of Ohio State University, assisted at lower stages by editorial secretaries of the Intercollegiate Association.

---

**Alcohol is a major cause of insanity, and poisoning from it causes more deaths than from all of our most infectious diseases.**

**Dr. Thomas Parran, former Surgeon General, United States Public Health Service.**

---

**Alcohol constitutes the country's largest mental-health problem. Nothing looms as large on the horizon.**

**Dr. Karl Menninger, Menninger Clinic, Topeka, Kansas.**

*"Sharing Sobriety  
and Self"*

# Road Back To Humanity

By Elizabeth Herion

Lenoir Rhyne College,  
Hickory, North Carolina

**I**N A SOCIETY where alcoholic drink prevails, drunkenness will inevitably exist as its constant companion. In our American culture, this is not a statement of a startling new discovery, but the revoicing of unfortunately familiar knowledge. That the problem of alcohol is an area of vital social concern goes unquestioned. Alcoholism and its related sub-problems have resulted in untold numbers of destroyed lives, damaged property, and disrupted community and national life.

The alcoholic problem is growing in the contemporary age. More drinkers are becoming enslaved to their crutch and this subversive sickness has claimed five million men and women as victims. The tensions and anxieties of this modern society cry for relief. Many individuals seek their escape from the realities of the every-day world in the phantasy and illusion of the bottle before they realize, if they do at all, that they are but putty in the clutches of chronic alcoholism.

Unique in its approach to the alcoholic problem is Alcoholics Anonymous, a fellowship of ex-problem drinkers who seek to preserve their sobriety by sharing it and giving of themselves to other alcoholics. A. A. operates with the sole aim of showing sick alcoholics who sincerely desire to get well how to do so. Begun in 1935, this relatively new movement grew out of a sharing and helping relationship between two drinkers who were able to regain their dignity as human beings. Today 7,500 community A. A. groups function.

Because alcoholism is no respecter of persons, the doors of A. A. are open at anytime to anyone in the community. The banker, the merchant, the housewife, the doctor, the next-door-neighbor—and any or all of these persons can fall prey. In its program of therapeutic recovery, A.A.'s influence in

the community is gaining more and more prestige. Medical authorities and religious leaders have recognized great value in this program.

A. A. accepts the drunkard as he is with his basic personality faults, fears, prejudices, tensions, and resentments which have resulted in his degenerate condition. Within the loosely knit fellowship of the group situation the individual alcoholic realizes that he is no longer alone with his problem, but that about him are many others who have battled or are now battling like states of wretchedness and despair and who are willing to give of themselves to help him. With honesty and humility, pushing aside all defenses, excuses, and false fronts, he faces his condition frankly and sincerely and lives one day at a time in his struggle to maintain sobriety.

Although A. A. is not a religious organization, it is spiritual by nature. Dedicated to the "Twelve Steps" in the personal plan of recovery, the individual admits that he is helpless against alcohol but that a power greater than himself can restore him to his sanity if he will but submit.

In aiding the individual to adjust back to a normal existence, A. A. can be an excellent source of understanding between the drinker and his community. Fear of public criticism and rejection often have only driven him to even greater depths of despair in his seeking to escape these cruel realities. However, in the fellowship of the anonymous group, an entirely new pattern of social life can be realized by the men and women who had gotten to the point where they were out of focus with their families, their friends, and their community. A new way of life evolves as the ex-alcoholic overcomes the misunderstandings, gossip, scandal, failure, and defeat which alcoholism leaves in its trail.

Because alcoholism not only affects the drinker, but also scars the personalities of those who have to live with him, auxiliaries have sprung up from the parent organization. Al-Anon, an organization of spouses, relatives, and friends of alcoholics, gives the innocent victims of the sickness the opportunity to gain new insights into understanding the scope of the problem.

The struggle for rehabilitation is long, but with the restoration of human dignity and worth comes the ability and desire to accept roles of responsibility once again as an individual, as a family member, and as a member of the community.

For the 250,000 persons who have recovered their right as responsible citizens to partake of and enjoy the opportunities and challenges of present-day situations, the Serenity Prayer of Alcoholics Anonymous still is a guiding light: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

---

*"Fight to  
The Finish"*

## **Alcoholics Anonymous-A Way of Life**

By Sherry Sue Ann Smith

Ohio Wesleyan University,  
Delaware, Ohio

**"G**OD GRANT ME the serenity to accept things I cannot change; courage to change the things I can, and wisdom to know the difference. Amen."

This simple prayer opened the December nineteenth meeting of a Toledo, Ohio, group who had one thing in common — alcoholism.

Before the opening of this weekly meeting in the parish hall of St. Mark's Episcopal Church, I talked to the man responsible for my being there. Because I had expressed interest in attending an A.A. meeting, this friendly, energetic person introduced me to several members of the group so that I could hear first-hand what has made this organization valuable in curing drunkenness. I had arrived early, for I had doubts in my mind that A.A. could accomplish what medical treatment had been unable to do.

Standing next to me a well-dressed twenty-eight year old factory worker appeared to have peace of mind although his careworn face revealed how hard he had fought to achieve this calm. He looked at me and smiled. So I asked, "What

is Alcoholics Anonymous?"

He replied softly and surely: "Alcoholics Anonymous is a fellowship of men who share their experiences, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism."

He paused and looked at me from behind the pamphlet, "This Is A.A.", from which he was quoting. Then he continued, "The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions, A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety."<sup>1</sup>

When people first come to A.A., they are suffering and ashamed. They have admitted they need help for a problem they can not solve alone. Alcoholics Anonymous recognizes that an alcoholic has a mental obsession combined with a physical compulsion to drink. Talking to these members who come from all backgrounds, occupations, and faiths, I learned as we chatted informally that this group was one of forty in the Toledo area. The average membership is fifty, and I counted forty-six men and women present.

The Alcoholics Anonymous program is based on the "Twelve Steps," a young woman sitting near me explained. "You see, an alcoholic is sick not only physically but in his soul. Read the 'Twelve Steps.' The first is the hardest; the twelfth is the basis of our organization; the power greater than ourselves, our God. It's a way of life which heals the soul."

I read the text of the "Twelve Steps" which first appeared in **Alcoholics Anonymous**, the A.A. book of experience. The first and twelfth summarize the beginning and the continuing end of A.A. They follow:

1. We admitted we were powerless over alcohol — that

---

<sup>1</sup>Alcoholics Anonymous Publishing, Inc., "This Is A.A.", 1953, p. 3.

our lives had become unmanageable.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

As I finished reading the "Twelve Steps," a fifty-six year old insurance executive explained how anyone can receive help from A.A. twenty-fours a day, every day of the week, by simply calling the main office in Toledo. Members are on call to go to the aid of anyone who asks for help, and at no cost to the individual. This obviously well-educated man said sincerely, "God has blessed me by making it possible for me to help others who can't manage alcohol. I try to go to A.A. meetings at least four nights a week. And I have been doing this for nearly sixteen years since the time I started in Alcoholics Anonymous. The help comes from someone outside the home who is in A.A."

A middle-aged lawyer telling of his experience emphasized there is no cure for the alcoholic, that the fight is from day to day. He said earnestly, "You must say, I will not take a drink now — not — I will not take a drink for the rest of my life."

Not only do men find help in A.A., but an increasing number of women are overcoming their special problems through its aid. An attractive dark-haired matron said, "With me as with all women drunks, when we are under the power of alcohol we lose our status as a lady." Statistics compiled by Alcoholics Anonymous show that one out of five in an A.A. group today is a woman. The women as well as the men come from varied social backgrounds.<sup>2</sup>

I learned these interesting facts before the prayer which opened the meeting. Then the speaker started assuredly to tell of the degradation of his life before he came to A.A. for help. He spoke in a controlled, frank manner. Members of the audience listened intently and often nodded in agreement and laughed with relief at experiences which paralleled their own. The speaker attributed the change in his status — he is now at thirty-six sales manager for a wholesale grocery

---

<sup>2</sup>Alcoholics Anonymous Publishing, Inc., "A.A.", October, 1952, p. 20.



firm — to the strengthening influence of A.A.

After telling of his college education, family background, and army service, the speaker remarked. "It got so I wasn't even welcome in a bar and was ignored by my family. After losing several good jobs, I finally had a spiritual awakening and came to my first A.A. meeting on July seventeenth of 1959. I had no friends, no money, but I ran into warmth and kindness. All my life I had heard about brotherhood, but I never experienced it until then.

"I can't express my great gratitude for this program. The A.A. now is my way of life. In fact, it is the most important thing in my life."

The speaker, now talking slowly and forcefully, was nearing the end of his hour-long talk. Squaring his shoulders, he said simply: "A.A. doesn't need me, but I surely need A.A."

From the applause, it was evident that he was speaking for the forty-six men and women who, with the help of Alcoholics Anonymous and God, had fought their way up from the gutter to a new way of life.

---

## THE FUTURE

Within these groups lies a new opportunity to enlarge constructive service and to instill a sense of democratic responsibility as citizens for unfortunate results of the custom. New cooperation from them, based on recent scientific and practical knowledge, a new advance by tested steps, toward advance in solution should now be expected. This, as I see it, is the meaning of the slogan—

A Modern Approach to the Problems of Alcohol.

---

"The most serious sufferer of alcoholism is not the 'binge alcoholic.' It is the man who never gets noticeably drunk who has the worst problem."—Dr. Albion R. King

---

COFFEE ANTIDOTE?: "It's an old wives' tale. The only thing coffee does is to make a wide-awake drunk of a sleepy drunk."



Margaret J. Hamilton  
Acadia University

### THIRD

"Survey of  
A. A."



Kenneth L. Wise  
Midland College

### THIRD

"Arrest by  
Concern"

*"Self, Society,  
Service and God."*

## Survey Of Alcoholics Anonymous

By Margaret Joan Hamilton

Acadia University,  
Wolfville, Nova Scotia

**A**LCOHOLICS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is an honest desire to stop drinking. A person who joins with the idea that he must stop drinking to please his wife, or some other excuse will not be successful. He must realize that he must give up the alcohol habit for his own good.

A. A. has no dues or fees. It is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.<sup>1</sup> The primary purpose is to stay sober and

<sup>1</sup>David A. Stewart, *The Drinking Pattern*, (Campbellton: Tribune Publishers Limited, 1951), p. 74.

help other alcoholics to achieve sobriety.

The principle of anonymity, in which names of members are to be respected and withheld from the public, if members so wish it, is a natural right so long as certain citizens, who control our economy, continue to be disdainful and morally critical of the alcoholic.<sup>2</sup> The true meaning of anonymity in A. A. is anonymity of service. The doing of good deeds for fellow sufferers in distress, without material reward and without publicity, is one method of redirecting and transforming the alcoholic's grandiosity.

From the entire A. A. program, the community at large may learn much. Alcoholic or non-alcoholic, wet or dry, regardless of race or creed, can profit from the universal principles of A. A. because A. A. opposes no one. It is a simple program with but one clear aim — to live more abundantly each according to his own lights and needs, and to be conscious of the same aim in every human being. Its classic prayer is one for the whole world, "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." As long as A. A. continues to say this prayer and put it into practice the movement will never die.<sup>3</sup>

People drink for any number of reasons and do not necessarily become an alcoholic, but those who drink for the following reasons **may** become an alcoholic:

1. drinks to get drunk or "feeling high".
2. drinks to relieve tiredness, as a habit.
3. drinks alone.
4. drinks because he is shy and simply must have something for the party.

The aim of A. A. is to reorder the life of an alcoholic around four main ideas — the Self, Society, Service, and God. This is done through twelve main steps and twelve traditions.

In the first step of the program there is surrender which helps the person relax physically and mentally and ease

---

<sup>2</sup>David A. Stewart, *The Drinking Pattern*, (Campbellton, Tribune Publishers Limited, 1951), p. 87.

<sup>3</sup>IBID. p. 88.

tensions causing a disappearance of defiant and grandiose ideas. The second and third steps encompass the lesson of humility. Self-honesty and self-knowledge which are achieved in the fourth step become the tools for uprooting the vicious qualities which either brought him his trouble or developed in the course of his drinking career. In the fifth step even more tension is relieved. The patient admits his wrongs to himself and to other human beings. In the sixth and seventh steps, spiritual insight is obtained. In the eighth and ninth steps the alcoholic takes action, in society, in his relations with other people. He achieves prestige, self-respect, love, fellowship and a concern for others.<sup>4</sup> The tenth step is a reinforcement of the fourth, and the person now sees himself not only as an individual but as an individual in society. There is the gentle but firm reminder of God and the fact that the A. A. program requires every member to do something about Him, in the eleventh step. The twelfth, and final step, is the synthesis of self, society, and God in service. The full recovery of an alcoholic may take only a few weeks, or many years, but the results are always gratifying and worthwhile.

A. A. has used philosophy, religion, psychology and medicine for its insights. It has put these together where they fit in human experience and places them before each of its members to interpret in his own way as best he can. No external pressure, no rules, no "shoulds", no "don'ts" are found in the program.<sup>5</sup> The policy of "Live and let live" is closely adhered to.

A description of the A. A. program is not really complete without its Twelve Traditions, but due to space this is impossible. The Tradition is the creed, purpose, and belief of Alcoholics Anonymous.

All A. A. meetings close with the Lord's Prayer. This is evidence that A. A. is not simply a scientific program, not simply a collection of gems of wisdom, not simply an emotional outlet. A. A. is all these and something more, in its faith and its humility.<sup>6</sup>

*"A.A.'s Dedicated  
to this Task"*

# Arrest By Concern

By Kenneth L. Wise

Midland College,  
Fremont, Nebraska

**T**HE NATION'S number three health problem, alcoholism, is no respecter of wealth, education, physique, religious belief or occupation. It ravages American family, work and social life.

"Once an alcoholic, always an alcoholic—" says a member of Alcoholics Anonymous. More important, though it can never be cured, it can be arrested, and A.A. is dedicated to the task. But only through our concern can A.A. function to alleviate this national disgrace.

"But I'll never be an alcoholic," you say. "Why should I be concerned with this problem?"

Do you remember Bill, the fellow next to you on the job, who was fired last week, or Mary, the mother next door who found the bottle consuming more of her time than her children?

Each of us knows an alcoholic. But do we know how he contracted the illness? Are we aware that alcoholism is a complex, progressive condition paralleling drug addiction, and that any of us can fall into its demoralizing pit?

Drinking is a recognized part of American culture. Competent authorities estimate there are in the United States more than 7,500,000 potential chronic alcohol victims. Yet of the 90 million Americans who drink, most do so only as a social gesture — or at least they start that way.

"Bills" and "Marys," like each of us, strive day after day for goals somewhat beyond their reach. The shock of failure may lead one to temporarily escape in drink. If it makes him happier when he is feeling sociable, why should it not wash away the unhappiness of misfortune? In a matter of months or years he finds his shame and doubt, as well as his

liquor intake, increasing. He becomes a compulsive drinker, just as sick then as a diabetic, a tubercular, or a cardiac patient.

Where is Bill to turn? The clergymen and the doctors try to help, but do not understand him. He is desperate — family hungry, friends gone, job lost.

As businessmen, community leaders, or friend, what can we do? When he admits to us that he is in a situation he can no longer control, we must direct him to Alcoholics Anonymous.

Three of every four excessive drinkers who subscribe to the quarter-century-old movement have successfully arrested their illness. Through a local group, one of 8,000 scattered in 70 nations, A.A. teaches the alcoholic to live one day at a time — to go 24 hours without a drink, starting each day thinking, "I will not drink until tomorrow."

A.A. members will be at Bill's side any time he calls, day or night. In discussions with these sober counselors who know all the rationalizations of the drinking game, he seeks to understand himself. If he has physical deficiencies, he will also be sent to a physician.

Bill and Mary will learn that the "Twelve Steps" advocated by A.A. have helped more than 300,000 other alcoholics stop drinking. There are no "musts" in A.A., but these guiding principles synthesize the best time-tested techniques of medicine, psychiatry and religion.

When for the first time in years the alcoholic feels himself understood, with complete dependence upon a Higher Power, he attempts to amend wrongs he has committed against community, family and employer. As he gains confidence in himself, he takes the vital final step — helping other alcoholics toward recovery.

A.A.'s results will strike near if we some day see Bill return to the job or watch the tears and smiles of Mary's children when they welcome her return to being mother full-time. By the day they turn to A.A. many men and women have made a hell of their family life. When they suddenly understand the chaos they have caused, they are



eager to erase the past.

So long as we remain apathetic, too busy to bother, each of us will suffer directly or indirectly from the cost of alcoholism.

Business owners and managers have long known that alcoholic absenteeism costs American businessmen nearly \$1 billion annually. Also industry taxes underwrite a large share of the social cost of alcoholism — police organizations, courts, jails, welfare, and relief.

Alert to the inestimable value of A.A.'s service, business and industry, allied with medical, psychiatric, social, and law enforcement agencies, head programs to inform employees concerning A.A. Their hope is to return the alcoholic to full production capacity.

Most unusual, your pocket is never tapped for donations. Alcoholics Anonymous is self-supporting. Its only funds are those collected from members attending group meetings. All A.A. asks is that you guide your despairing friend or neighbor to A.A.'s door.

Though it can not be cured, the illness can be arrested by proper treatment. That A.A. can reach the many more in need, we must be concerned.

---

## MENTAL HEALTH APPROACH

(Continued from page 6)

istics of the adolescent; he is emotionally unstable, has a sense of inferiority and a terrific ego. All case histories of alcoholics date back to childhood, improper homes, environment and improper mental guidance.

At the time I read this I was an Italian. My ancestors were Italians but I grew up in the United States. We always had wine on the table. When I read this it really threw me — that these problems **could** go back to childhood. It took me six months just to work through the idea — to accept it as a hypothesis. Then I ran into the analysis that comes from the treatment of alcoholism — that the roots of drinking are a need to escape from something, to be narcotized, to run

away from life. These personality reactions and the subsequent development of sentiments, attitudes and behavior patterns are learned in childhood as are the other feelings, behavior patterns and emotions.

Dr. Russell L. Dicks of Duke University says it this way: Alcoholics were first unhappy and frustrated children; therefore we need to work with children to give them the emotional security that will make them happy and reliable adults. It is an emotional problem that the alcoholic, or **anybody else**, is dealing with when he takes alcohol.

### **Alcoholic Way of Life**

Now what is the seed-bed out of which the alcoholic's way of life arises? There are so many complications. Can it be summarized at all. I believe it is those childhood situations which mold a child in such a way that, when he becomes an adult, he is unable to experience both tensions and loneliness. The bars of New York are full of lonely men and women who have gone into business, have gone forward in life, editors, leaders in fashion — it is a tragic situation. Then there is the over-disciplined child who could not turn to his parents in times of need. As an adult he is not going to turn to other people in times of threat. He may turn to chemicals. Which is he going to choose?

### **Here Education Begins**

This is the area of irritation, of escapism and immaturity, to which we have to apply ourselves on a community-wide basis, alerting the home, the school and the community concerning the nature of this problem especially as it is related to the experience of early life. In the schools we emphasize intellectual learning — knowledge as the road to quality, understanding and success. It is assumed that the student will want to know, and that if he does he will prefer to make wise decisions. But among the alcoholics we find some of the most talented, wisest, and knowing people in our society. Their knowledge has not made good people in their use of alcohol.

## What Is Important in Education

This question of gaining knowledge should be studied from the point of view of what we are trying to achieve. To know is terribly important because of all the misinformation there is in our society. There are so many half-truths regarding drinking. Much mis-information is being published. We are being pressured by advertising and vested interests. I'm not saying that there is no need to know, but that there are categories of needs, or levels, and that unless the emotional need is met, the need to know is almost meaningless. But if the foundation is properly laid, the more we know the more useful it is. You do not approach a child who feels rejected, unhappy, frustrated with a lecture, but with encouragement and some experience that will help him to develop his resources. Information about alcohol doesn't make sense if it is just information. We have to be aware of the feelings of adolescents and young adults in the social situation through which they are going in regard to drink, and work with them to put something else in its place. We can't do this in one day.

In this new understanding approach the load of leadership will have to be carried for a long time, by those who have been most ready to do so in the past — temperance and private organization and others who have an interest in the welfare of their fellow-men. These may have to do most of the work. Many of them are already coming forward to meet this renewed responsibility.

Our health and state organizations have a long way to go before they can really make progress toward solving the alcohol problem. I myself have been in a state program in which the climate is good for work. We have support from the legislature; just this year they practically doubled my budget. For this I had to wait ten years.

I first became aware of one of the major problems of our department when the licensed beverage industry was attacking the schools because the materials in use were not up to date. They said there was a lot of misinformation in the

text books. We were hounded by them to be objective. We were attacked by the "drys" for not being objective. We kept trying to take the objective point of view when it occurred to us to ask, who were asking for objectivity? — the beverage people and the temperance people. Of course these are non-objective. The temperance people have a **cause** in Christ, the liquor organizations a **cause** in the dollar. They are both non-objective groups.

But the schools which are in a position to be objective are being attacked as non-objective. This started me thinking about objectivity. My impression is that the people who have been in this work for a long time are honestly attempting to orient themselves and become truly scientific. By 'scientific' I mean, that they are no longer as selective in the use of facts to prove their points or so ready to bend the facts to sustain that point as they were when they started.

### **Mental Health Education**

A mental health point of view which concerns itself with the personality of people, truly respects people. It starts with their questions and needs and tries to meet the situation from that point of view. It takes a problem-solving approach and goes where the facts lead.

You have to have real faith that the facts can prove themselves; but you can't guarantee an answer the other way anyway. For example, the religious groups don't agree; the ethnic groups don't agree; the socio-economic groups don't agree. With the French, Italians, and Germans beer and wine are fine, but leave the hard stuff alone. Other socio-economic groups find that as long as you drink hard liquor in the family, you can control it. With other groups no self-respecting family would serve any alcohol. Thus, with some groups it is a sin to use it, and with other groups it is a sin not to use it.

A person has to be helped to think his way through the cultural conflict. We are a heterogeneous society. We have all the religions, all the ethnic groups, all the socio-economic

levels of all the people of the world living here. They all brought their beverages and ways of thinking with them. We have a real problem when we mix them all together. This is one problem we have to help young people to deal with.

My thesis is that we start with people. People who are using chemicals and who need chemicals and who may not be aware of it. This is not a one shot proposition. It's not a matter of speaking, and showing films, and giving out a little information. People who have a use for chemicals in our society are deeply in trouble, and a large percentage of the people I see are deeply in trouble. One of the reasons they're deeply in trouble is that many of the leaders and citizens in our communities get no satisfaction out of the success and the achievements and the recognitions and the responsibility that they have. This it seems to me is the basis of our problem, our society is not offering human satisfactions to individuals. And as a result, they are turning to chemicals.

---

**WANTED, CHAUFFEUR.** Must be experienced with Rolls Royce cars, accustomed to night driving, clean record. Total abstinence essential. Apply Managing Director, Brewery, Leeds.

An advertisement in **THE YORKSHIRE**, (England) Nov., 1960

---

The evidence favors the view that skills begin to deteriorate as soon as any alcohol is in the blood, said Dr. D. C. Drew, Psychologist, University of London, at the International Congress on Alcohol and Alcoholism, Stockholm, Sweden, July, 1960.

---

The United States is producing alcoholics at the rate of more than 1,200 a day — over 50 an hour around the clock.

Dr. Andrew C. Ivy

---

A drunk in Long Beach, Calif. was charged with vagrancy after being arrested 136 times. Bailed out of jail, he made it 137.

Anonymous

"Most alcoholics start out as social drinkers. But who knows where the responsibility for their becoming alcoholics lies?"

—Father Ralph S. Pfau, a recovered alcoholic, in his book, "A Priest's Own Story."

---

"One becomes an alcoholic when he begins to be concerned about how activities might interfere with his drinking instead of how drinking might interfere with his activities."

# **This We Can Know**

## **Says the California Council on Alcohol Problems**

**T**HE NATIONAL SAFETY Council tells us — Two cocktails (about .05% of alcohol in the blood) may reduce visual acuity as much as would the wearing of dark sunglasses at night.

Social drinkers are a greater menace than commonly believed as their critical judgment is impaired with a fairly low alcohol concentration and they outnumber the obviously intoxicated drivers.

Drink to any extent reduces the ability of ANY driver.

Loss of judgment and the capacity for self-criticism occur before obvious symptoms of intoxication.

Widespread research points to the fact that two drinks (.05%) brings the percentage of alcohol in the blood of the average person to the level beyond which the drinking driver cannot safely go. Yet, in California the figure of .15% (6 drinks) has become generally accepted as the edge of intoxication.

The C.A.P. feels that the time has arrived to demand that our legislators begin protecting the innocent victims of the drinking driver by three simple legislative steps:

1. We must have legislation that will carry an automatic penalty for any driver who has a blood-alcohol level of .05% or greater.
2. A blood-alcohol test should be mandatory in every traffic accident, the results of which should be admissible and incontrovertible in court.
3. A mandatory jail sentence for all drivers found "under the influence" with no plea of extenuating circumstances permissible.

We've been analyzing the drunk driver for years. Now it is time to deal with the half-drunk driver who approaches you at 60 m.p.h. on one of the California freeways. We can't solve this one by new safety slogans or by padding statistics. We



certainly can't leave it to the liquor industry, whose best known safety slogan is the deceitful, completely dishonest and misleading blurb, "When it's One for the Road, Make It Coffee." This problem can be solved only by getting tough with the drunks.

—The California Liberator, Feb. 1961.

## **"On The Matter Of Drinking"**

**F**OLLOWING A RECENT talk by Dr. James P. Orwig, Dean of Men, to the men's community at Berea College, Ky., several men asked for a review of the points he had made.

In brief digest, he said, "this matter of drinking boils down to individual decision. Each of you must make your own choice, given your own set of values, your ideals, and while at Berea, your way of life at college, as well as the national — in fact, the experience of the whole human race — with the drinking problem. With this you can decide where you fit into the picture.

"As a guide and stimulus to sincere thinking, I propose a number of questions that seem to hinge on the moral issue of drinking":

1. Is it right for you to drink and dull your highest intellectual functions—those that make you uniquely human?
2. Is it right for you to participate in a practice which has such tragic and fatal results in the lives of millions of others: 75% of all divorces, 75% of all crimes, 50% of all auto deaths, some 4,000,000 alcoholics, other millions of lives all touched with injury and unhappiness and all attributable to drinking?
3. Is it right to contribute to an industry which deludes and misrepresents so extensively in its advertising?
4. Is it right to contribute to an industry which converts food grain into relatively unnourishing beverage alcohol when two-thirds of the world is hungry?
5. Is it right for you to provide any but the best example in your own living for others including your fellow stu-

dents, your family and loved ones, the family you hope soon to be head of?

6. Is it right for you to disregard your personal standards, to flout the reputation of your fellow students and your college by becoming involved in the matter of drinking?
7. Is it right for you to participate in a practice which can undermine your physical and mental health?

There may be other questions but these can help to clarify the issues.

---

## The Airplane Nuisance

By L. Cullom Claxton, Pilot

**D**RINKING ON AIRPLANES creates nuisances and embarrassments as well as actual dangers for the pilot, stewardesses, and passengers.

My own experience illustrates a point I'd like to make: the biggest danger is from the person who's drunk a little before boarding but not enough for the pilot to refuse him for drunkenness and who drinks more on the flight.

A passenger boarded my run one day. He undoubtedly had been drinking previously because he didn't drink enough on the flight itself to get drunk. But what he drank aboard was enough to reach the level of intoxication.

I was distracted from my duties at the controls by a terrible noise back of the pilot's compartment. I felt warranted to leave the controls to the co-pilot and investigate. We never leave the controls except for an emergency, and even then only one pilot can do so.

The passenger was shaking the exit door with all his might, kicking it and in every way trying in his mental and physical condition to get the door open. We were flying at 8,000 feet, but this inebriated passenger insisted we were on the ground. He didn't want to be kept waiting any longer; he wanted to get off the plane.

I got him back to the cabin; his conversation was loud, vulgar at points, repulsive to me and to everybody else

aboard. It was especially irritating to passengers who were not drinking.

The door-and-step assembly on the Convair opens together and is located just in front of the propeller to the right engine. At the speed we were flying this whole assembly and the individual would have gone right into the propeller. The least I can say is that every life on that plane was in danger at that moment. Not just his life, but everyone's.

—The Baptist Standard

---

## Effects of Alcohol Center in the Brain

These figures were released by the Yale Summer School of Alcohol Studies, 1959.

**A**LCOHOL IS AN ANESTHETIC with a specific depressing effect on the nervous system. The higher the concentration in the blood and the brain, the greater the intoxicating or anesthetic effects.

In human beings, a concentration of 0.05% of alcohol in the blood of the brain effects the functioning of the uppermost portion of the brain and nervous system; that is, the centers of inhibition, restraint, judgment. The drinker takes personal and social liberties, lacks self-criticism. 1½ Highballs — 3 cans of beer.

At a concentration of 0.10% the disturbance begins to descend to the motor carriers. The drinker staggers, fumbles with his keys, does not pronounce words clearly. 3 Highballs or 6 beers.

At a concentration of 0.15% — intoxication, unmistakable abnormality of gross bodily functions and mental faculties. 5 Highballs or 5 Cocktails, or ½ pint whiskey.

At a concentration of 0.20%, the functioning of the entire motor areas of the brain and mid-brain are disturbed. He is easily angered, groans, weeps, tends to assume a horizontal position. 6 Highballs.

At a concentration of 0.30%, the more primitive areas of the brain are affected. He is stuporous, although aware of things, has no comprehension of what he sees and hears.

At 0.40% to 0.50% concentration, the function of the perceptive area in the brain is cut off, he is unconscious.

At 0.60% to 0.70% concentration, the very lowest level of his brain functions are reached, those which govern breathing and heart beat. These become depressed, stop, and death ensues.

The apparent consumption of absolute alcohol (that is, alcoholic beverages with the amount of water and other foreign matter taken out) by the nations of the world and their rank in alcoholics

<i>Country</i>	<i>Amount in Quarts</i>	<i>Rank in Alcoholics</i>
1. France .....	25.72 .....	1
2. Italy .....	14.78 .....	9
3. Switzerland .....	10.85 .....	4
4. Australia .....	9.91 .....	
5. New Zealand .....	9.37 .....	
6. Belgium .....	7.96 .....	
7. West Germany .....	7.53 .....	
8. U. S. A. ....	7.18 .....	2
9. Canada .....	6.68 .....	6
10. Peru .....	6.01 .....	
11. United Kingdoms .....	5.70 .....	
12. Sweden .....	5.38 .....	3
13. Denmark .....	5.09 .....	5
14. Ireland .....	4.38 .....	
15. Finland .....	3.39 .....	8
16. Netherlands .....	3.34 .....	
17. Norway .....	3.072 .....	7
18. Iceland .....	2.69 .....	
19. U. S. S. R. ....	1.85 .....	

## EDUCATIONAL FILMS

### DAVID, A PROFILE OF AN ALCOHOLIC

16 mm. black and white. Produced by National Film Board of Canada. Rental through McGraw Hill Book Company, 330 W. 42nd St., New York 36, N. Y. 27 minutes.

### KID BROTHER

16 mm. black and white. Story of an adolescent who tries to act like an adult by drinking. Good for discussion on motivations for drinking. Rental: Contemporary Films, Inc., 13 E. 37th St., N. Y. 16, N. Y.

### COME FILL THE CUP

16 mm. black and white feature length film. Stars James Cagney as an alcoholic newspaperman. Rental: Films, Inc., 202 E. 44th St., N. Y. 17, N. Y. \$12.50.

# **ANNOUNCING**

## **The 1962 Intercollegiate School Of Alcohol Studies**

McMaster University, Hamilton, Ontario  
August 25 — 30, 1962

## **The Roberts Editorial Awards Of 1961 - 1962**

**\$2,000 in Cash and Scholarships.**

**SUBJECT:** "College Drinking Rules: Are They Accomplishing Their Purpose?"

Sixty Different Awards at Three Different Levels  
Open to all college undergraduates of Canada and the United States in the academic year 1961-1962.

—————

This rather controversial question in some college communities — and groups on many other campuses — might well be examined objectively and aside from impulsive incidents and emotional reactions.

For further information address:

**Intercollegiate Association**  
12 N. Third Street  
Columbus 15, Ohio

---

2 1S35Z 2A-1S  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Digest of Alcohol Studies*

### *In This Number*

The Campus Scene .....	35
Just for Today .....	46
A Chance to Live .....	43
"McMaster"—As we Found It .....	45
Alcohol vs. A. A. ....	50



DePauw University,  
East College,  
Greencastle, Ind.



# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

November, 1961

Vol. 59, No. 2

---

## Enlarging Relationships

Statement of the Student Christian Movement of Canada.

WE RECOMMEND that units (in colleges and universities) inform themselves on the subject of alcoholism, perhaps through study groups participation in research in universities or nearby hospitals, schools such as the Intercollegiate School of Alcohol Studies and publications such as that of the Intercollegiate Association for Study of the Alcohol Problem, (The International Student).

“Relationships”, Bala Conference Minutes and Reports  
September 4-14, 1961.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office,  
Room 522, 12 North Third St., Columbus 15, Ohio.

# The Campus Scene

By Lawrence Riggs, Ed. D

Cosdensed from  
a Lecture

Dean of Students  
De Pauw University, Greencastle, Pa.

**C**OLLEGES AND UNIVERSITIES share in one aim—the search for truth that once known may serve in the enrichment of life. Theoretically then, students, of all people, should be free from the problems relating to alcohol, assuming, of course, they have an understanding of what these problems are. We may not assume that students have this knowledge. Even if they do, they are human beings and face as do all of us one of the major ethical and moral problems of our time; namely, the temptation to come to grips with truth on their own terms.

Because students have unusual needs for status, ego development, acceptance, ascendancy, conformity, and considering habit patterns and preferences already established, they can hardly be expected to be different in this respect than other members of the society out of which come their status symbols; behavior too frequently is based on social expediency. As a society we have yet to learn that we do not create moral and ethical forces; we discover them and adjust to them. We fail to make this adjustment at our own grave peril.

So the problems relating to alcohol on the college campus are but a part of the major crisis of the college today—the crisis of truth. It is easy to avoid looking into the facts. Once the facts are ascertained, we are bound by truth and are not

This lecture was given at the Intercollegiate School of Alcohol Studies, McMaster University, Hamilton, Ontario, September, 5, 1961.

*November, 1961*

morally free to do anything but operate within the framework of our understanding of the truth. Personal and social responsibility are both involved. I am firmly convinced this is not too much to expect of authentic students in the field of higher education.

From this background let us examine some of the things we know about students and drinking, why colleges normally feel restrictive about drinking, what approaches are open to institutions, and what are the important aspects of drinking among students.

Studies generally agree that approximately 75% of the men in college today use alcoholic beverages to some extent<sup>1</sup>. Most students start before arriving at college. Young adults in the early 20's are more apt to drink than any other age segment of our population<sup>2</sup>.

Parental example appears to be important. Strauss and Bacon found that 90% of the men who report both parents as users are drinking in college, as compared to 58% of those who report that both parents abstain. When both parents drink, 83% of women students are users; and when both parents abstain, only 23% are users of alcoholic beverages<sup>3</sup>.

Family income seems to be a factor. A college "student is more likely to have consumed alcoholic beverages if they family income is high, more likely to be an abstainer if his (or particularly her) family income is relatively low."

The Yale studies report that the incidence of college drinking increases with each college year<sup>4</sup>.

In answer to a question as to how they feel about the use of alcoholic beverages by their sons and daughters in college, the parents surveyed overwhelmingly appear to be against their children's drinking in college. Half of them made this quite clear. The next largest group expressed a desire that their sons and daughters should not drink but indicate that

1. Straus, Robert, and Bacon, Selden, *Drinking in College* (New Haven: Yale University Press), 1953.

2. Ibid., p. 55

3. Ibid., P. 56

4. Ibid., P. 55

it is either up to the student, or that drinking would be all right in moderation.

It has been my personal observation that many parents, about one-third, recognize the unique and sometimes isolated nature of the college experience and while serving alcoholic beverages in their own homes "in moderation", are very much against their sons or daughters continuing in college the practice they illustrate in their own homes. This presents difficulties because it suggests strongly that the college should say "no". At the same time the student is confronted with the dilemma of being governed by a college restriction he may feel is not completely acceptable, because after all, his parents do not seem to feel this way. What authority does the college have to step in and contradict this established feeling that alcoholic beverages are acceptable?

### Conflicting Parental Attitudes

Some of the comments made by parents are quite revealing:

\* "He has shown just enough interest in social drinking to make me glad that your college has a drinking regulation."

\* "He does not use alcoholic beverages but may have an occasional beer in private homes."

\* "I have no objection to his attitude about drinking since my son has been a one or two beer drinker, or he may have an occasional glass of wine with a meal and that is all."

\* "He has been given an occasional drink. We discourage his use of alcohol except in our company. We do not wish to be arbitrary or dictatorial but have tried to teach him that the use of alcohol must be learned, if it is to be learned at all, slowly and carefully over a long period of time."

\* "Jim has an occasional beer but doesn't abuse the privilege."

\* "We recognize that moderate drinking is a part of the social life of the majority of people but we would prefer to delay it as long as possible."

\* "Yes, he uses a drink now and then to make him feel more experienced. He doesn't like alcohol very much."

\* "Of course his mother and I are pleased about the

drinking regulation at your school. He has been exposed to moderate drinking in our home and although he has not expressed disapproval of this, he is pleased that he is going to a school where drinking is not approved."

These comments seem to me to completely underestimate the pressures that are put upon the student when he arrives on the campus. Some parents have already laid the foundation for drinking and express a kind of pathetic hope that it will not continue. They are glad that we college officials will say no!

It would be an injustice if I did not indicate full understanding and appreciation for the many parents who have provided homes free from the use of alcoholic beverages and who expect an attitude to be developing in their sons and daughters whereby it will be their own choice not to drink.

### **Interpretation Is Necessary**

Normally colleges are places of reasonableness and explanation. It is not sufficient that a college state its regulations on the use of alcoholic beverages merely as an unquestioned pronouncement. To be sure, it must be admitted that in many cases the regulation is one of authority imposed upon students without consulting them, but it does not excuse officials for not attempting a rational explanation to questioning students.

It ought to be obvious why a college should place a restriction on the use of alcoholic beverages in college life. Experience shows that because students have not thought about it, some want to know why a college has such a regulation.

In colleges with close church relationships students often assume that the very fact of the church relationship accounts for the presence of the drinking regulation. They frequently express sympathy with officials who have to administer a rule dictated to them by their church! After unsuccessfully denying this for years while operating in a church-related college, I determined to try the obvious approach by drawing up the following list of reasons why college officials

place restrictions on the use of alcoholic beverages. The reception of this list was both astonishing and disappointing. Students treated the discussion as though it were brand new, "an eye opener", and "refreshing" because it was "practical and down to earth". They came near to applauding our stand on this issue. I share the list with you not because it will be anything new, but to illustrate what seemed to make sense on one fairly sophisticated campus where it ought to be assumed all of these things are obvious.

### **Reasons for Restrictions**

1. Most states have laws that make drinking by minors illegal. A large portion of college students are technically minors and so fall under these laws.
2. The use of alcoholic beverages does not contribute to safety on a campus. Where students have excess to automobiles, it is obvious that drinking and driving contribute to a higher accident rate.
3. The drinking of alcoholic beverages in a college atmosphere contributes to developing an environment which most colleges and universities would not cherish as a part of their reputation. It is difficult to defend the partying, drinking, "country club" atmosphere thus created in the name of higher education.
4. The use of beverage alcohol increases personality problems. The development of a wholesome personality is a modern aim of higher education expressed in elaborate programs of mental hygiene, counseling opportunities, and preventive measures designed to promote programs of mental health.

Problems of personal worth and status seem to be heightened on many college campuses as young people find themselves in highly competitive academic and social situations. The use of alcohol to achieve status and to escape facing one's inadequacies provides a temporary solution, but one accompanied by repeated frustrations, increased lack of self-respect, and inability to find more adequate solutions to one's problems.

Alcohol is a depressant. Apparently its depressing and



narcotic effects increase with intake, thus reducing the speed of reaction, the ability to discriminate, and the exercise of control over behavior. The further use of alcohol to overcome such depression is merely a downward spiral into further lack of confidence, and depression.

5. It must be recognized that for many people the use of alcohol is pleasing, and is a deceptive attempt to gain status. Since colleges hope to contribute to the maturity of their young people, it seems wise to rule out alcoholic beverages in the college atmosphere on the basis of the fact that the use of such beverages does not contribute to the maturity of personality.
6. Alcohol affects control over freedom of choice, behavior, and conscience. Thus, it can be said that an ethical and spiritual basis exists for eliminating alcohol as a beverage. It has been said that "the historic mission of the liberal arts college is to make men whole in competence and in conscience." God's image in man is lessened by any influence that robs man of his conscience and his ability to make value choices.
7. Alcoholism is a serious national problem. Surveys of alcoholism point out that one out of twelve regular drinkers is destined to become an alcoholic. What college or university wishes to have the responsibility of permitting, or even contributing to the development of alcoholism among college people?

#### **Appreciate Clear Statement**

Even students who were admitted drinkers came around to say that while they could not agree with all of the implications and did not feel that the items all applied to college students, they did appreciate the definiteness of the statements and the position we were in as responsible administrators. They seemed to convey the idea that we were in an administrative "box" where we had to take responsibilities even if, as they thought, this was not a personal matter relating to them!

**(Continued on page 53)**

*"The Faith  
that Wins"*

## Just For Today

By Alexander M. Finney

Acadia University,  
Wolfville, Nova Scotia

**A** DAY IS NOT A long span of time. Three meals, a few hours of work, and a little time for relaxation. It is done.

"Lord, keep me sober, just for today." Each morning there are thousands that utter this short, fervent plea. They are alcoholics, people addicted to alcoholic drink.

J. T., an insurance executive in his middle thirties, had gotten into the habit of taking prospective clients to a cocktail lounge in order that they might be relaxed while discussing business. Before long, the custom of stopping in for a drink before going home had taken root in him. After all, one quick drink couldn't make any difference and it was very relaxing after a strenuous day in the city. Two years later, in a nearby town late at night, the telephone rang, awakening a man and his wife. After a short conversation, the man got dressed while his wife went to the kitchen to start a pot of coffee. In a few minutes the man returned with J. T., who appeared to be a little unsteady and quite distraught. He had come to this town for a business conference two days earlier, had stopped for a drink or two, and discovered his whereabouts two days later. He now realized that he was a chronic alcoholic and wanted reprieve from this disease. The man he had awakened, an almost total stranger, was a member of Alcoholics Anonymous and was now embarking J. T. on the road to recovery from the same illness which had beset him a few years earlier. J. T. has attended the meetings in his city now for almost a year and has only suffered one relapse to the old ways — most members do have one setback which impresses upon them the need for absolute abstinence — there is no compromise with liquor for an alcoholic. His job and his family,

which he had so nearly lost, were restored now to a firm, conscientious level.

Each morning, upon arising, J. T. prays fleetingly, "Lord, keep me sober, just for today." If he does not take a drink for one day, then the battle may be won, though each succeeding day will be almost as difficult as today for him.

Alcoholics Anonymous, through its samaritans all over the continent, is ever willing and available to aid some unfortunate person struggling with the same affliction that had beset them such a short time before. They do not stand up and shout any mystical formula; neither do they endeavour to coerce anyone into joining their organization. And above all, the members strictly exercise their title "anonymous". No names are ever disclosed, their meetings are not openly advertised, and any new members are brought in by a present member.

Four things about Alcoholics Anonymous should be known: 1) Chapters are everywhere, 2) Help will be gladly given, 3) No one will be publicised, and 4) There is no coercion, only a Christian attitude of helping a suffering brother in need.

The afflicted person must, however, show the initiative by exhibiting sufficient courage to recognize his plight, earnestly desire relief from it, and contact the nearest chapter. This nearby chapter will have a voluntary member call upon the alcoholic to explain the workings of the organization and to stress the anonymity of the group. If the sufferer still wishes to learn more, and most do, the visitor will escort him to the next weekly meeting. Throughout the tenure of membership it is continually stressed that the person will have a very difficult time but that a helping hand is available at any time. A faith in the worth of each individual emerges which is also a vital component to any respite. Someone cares, someone will help, but the job itself must be realized and executed by the subject himself.

The organization is non-profit, non-sectarian, and private. There is no effort to commercialize on its success and any such effort would certainly destroy its effectiveness. And



Alexander M. Finney  
Acadia University

Roberts  
Award  
Finalists



Connie Christensen  
Nebraska Wesleyan

A.A. is effective, too. Some place the recovery rate as high as nine out of ten on a permanent basis. No doubt, this high rate of success is due in great measure to the necessary desire on the alcoholic's part for sobriety and peace.

This is no evangelical enterprise limited to, or seeking, Christians only, but is open to anyone of any or no religion. The only faith exhibited is that which declares that every person is worthwhile, and every person is in part responsible for his brother's welfare. "Just for today — every day."

---

*"And we, Society,  
Dare to Laugh"*

## A Chance To Live

By Connie Christensen

Nebraska Wesleyan University,  
Lincoln, Nebraska

**O**UR SOCIETY does not recognize the value of Alcoholics Anonymous which gives hope to the hopeless and new life to those who have lost the will to live. We look upon an alcoholic with disgust and loathing and not with the eyes of understanding. It is now time for Americans to realize

that alcoholism is an illness and the treatment of this illness is found in a group known as the Alcoholics Anonymous.

We laugh at the Alcoholics just as we laugh at all areas of drinking. To us, an alcoholic is a weak individual who simply has lost his grip on life, a person without backbone. But in fact an alcoholic is merely a product of a society in which success is measured materially, and happiness is a dream which cannot be lived. Alcoholics are alcoholics partly because of the purposeless lives they are forced to live in a culture of materialism.

This is where the Alcoholics Anonymous steps in, for they give these alcoholics a purpose for which to live. The Alcoholics Anonymous gives meaning to life and we, the society, dare to laugh. If we would take note of what this group has to offer for everyone, not just alcoholics, our society would definitely be the better for it.

The program of the A.A. is based upon the reality of spiritual experience. It creates a new life because it gives a new creed by which to live. A creed of love instead of hate, of awareness instead of indifference, of living instead of drifting. The Alcoholics Anonymous teaches alcoholics to live twenty-four hours at a time. He is taught "today is the only day that counts. Yesterday is gone, and tomorrow may never come." They do not worry about what they will be doing in a year, or a month, or even a week; they think of only the day at hand. John Cowper Powers "A Philosophy of Solitude" states just what happens to the alcoholic in this twenty-four hour plan:

People find to their astonishment that when they drop their eternal striving and clutching, real happiness flows in upon them in a brimming flood — the art lies in the embrace of those elemental accompaniments of existence which as a rule are taken so stupidly for granted.

And we, society, laugh at alcoholics and their group which brings new life.

But there is something more to Alcoholics Anonymous than just this. The secret weapon that keeps the alcoholic

cured is the helping of others. An alcoholic that has given up drinking will always remain an alcoholic but he will stay away from drink if he keeps giving of himself by helping others. Chronic alcoholism is definitely unique in that its successful doctors are simply ex-victims who have nearly died themselves. One alcoholic will be cured, he in turn will help others, who will help others and so the Alcoholics Anonymous grows in number, strength, and fellowship.

An alcoholic carries with him the telephone numbers of other A.A. members and if the desire for a drink should become unbearable, he calls a fellow member who comes immediately and sits with him until he once again has control of his senses. A member of Alcoholics Anonymous is never too busy to help another member in need. And we, society, laugh at a policy of goodwill which was brought forth by Jesus Christ two thousand years ago. Yet A.A. is not based on Jesus but only on a belief in some higher being whatever it may be.

In my estimation, it is time for our society to come to the realization that an alcoholic is sick — "in many cases their desperate stages such as delirium tremens, reveal them to be suffering from a glandular deficiency." An alcoholic is not a lower breed of human as we often look upon him and Alcoholics Anonymous is one of the few groups in the present century with high ideals. The comeback of an alcoholic is made difficult by a society which is cold and indifferent but when the alcoholic finds his way to the Alcoholics Anonymous he finds a society which welcomes him with open arms.

A look at the Alcoholics Anonymous's traditional prayer gives somewhat of a glance into the philosophy of this group:

God grant me the serenity to accept the things I  
cannot change, the courage to change the things I  
can, and the wisdom to know the difference.

And we, society, dare to laugh.

---



# The Silent Enemy

By Zita Eloise Wald

College of St. Mary of the Springs,  
Columbus, Ohio

"HELLO," gasped the person at the other end of the line, "I can't do it, I need a drink, please tell me what to do."

"Sit tight, I'll be right over, please wait," pleaded the voice.

Joe Morrison hurried to his car, stuffed the piece of scrap paper with the eastside address written on it into his pocket and silently prayed that he would reach the frantic man in time. He slid behind the steering wheel and thrust the key into the ignition. As the car pulled away from the curb he could not help remembering exactly how he had felt just about three years ago when he had been so desperately groping for help and understanding.

Joe Morrison had been a professor at one of Pennsylvania's leading universities and was doing very well for himself. After teaching history at the university for five years he was both surprised and pleased to find that he had been recommended for head of the department and was now under consideration. Almost a week after he had learned of his recommendation he received word that he was to appear before Mr. Remick, who was the president of the college. The night before the interview he was invited to the home of one of his old fraternity brothers and decided to go since it might help him forget about the next day and relieve him of a bad case of nerves. When he had been at the party for some time one of the guests noticed that he was not at all himself and succeeded in finding out just what was bothering him.

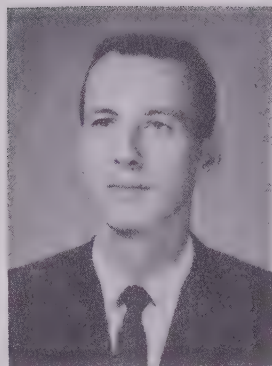
"You know old fellow, what you need is a good stiff drink for those nerves of yours," coaxed his companion.

Convinced that he needed a drink he found that it was just the thing to help bolster his confidence. Even after winning the position as department head, he could not bring himself



**Zita Wald**  
College of St. Mary  
of the Springs

**Roberts  
Award  
Finalists**



**Max W. Chestnut**  
Louisiana Polytechnic

to realize just what was beginning to happen and became increasingly dependent on his drinking which was now becoming more than an occasional drink with the fellows. He began to drink before classes or before meetings with important persons on the faculty, and as time progressed showed up late for class or not at all. At first he thought that his manner of drinking was not altogether appropriate for a college professor but then who could condemn a man for being just a little high when everybody else was feeling good too. After all, he could stop drinking with no difficulty at all. But he was wrong and even though he continually promised himself that he wouldn't drink, he repeatedly broke his resolution and in fear and bewilderment turned to the bottle again. Signs of his having been drinking showed up now at the most inopportune times and proved embarrassing to him especially after he had been told by the president of the college that he would have to sacrifice his position if he insisted on drinking.

Almost two weeks after he had been warned that his behavior would have to improve if he wished to remain at the university, he again visited Mr. Remick and told him that he needed help but didn't know to whom to turn. Mr. Remick

**(Continued on Page 50)**



## **"McMaster" As We Found It**

By Beth Davis

**O**N ARRIVING AT COLLEGE, the typical student is faced with a barrage of new situations which require his to make decisions. The Intercollegiate Association believes that one of the most important of these questions which the college student must face is, "What stand shall I take on drinking?"

It is the hope of the Association that the Intercollegiate School should challenge the student and equip him with the most recent information about the problem which science can produce so that he may then make his personal decision--whether or not to drink. The decision may be more than an answer to this question. It may become a further interest in the problem and may lead to a decision to take positive action about it.

The purpose of the School is to present objectively basic information involved in the alcohol problem. It takes into consideration such problems as the meaning of alcoholism and the alcoholic in our everyday life. Dr. Gordon Bell, Medical Director of the Willowdale Clinic in Ontario,



brought a new explanation of this problem by his keen discussion of addiction---addiction not merely to alcohol but to any chemical. He stressed the fact that unhealthy dependence upon chemicals is one of the major health problems of today. To understand alcoholism clinically, one must take into account that the habitual drinker drinks proportionately more as the habit develops to get the same effects when he first began--his tolerance for alcohol increases.

Dr. Albion Roy King, President of the Association and professor of philosophy, stressed the fact that from a sociological viewpoint drinking customs are a matter of cultural relativity. That is to say that a sociological pattern, such as drinking, is established by the social group. It is not determined by some absolute reality.

Dr. Riggs, Dean at DePauw University, discussed the alcohol problem on campus from the viewpoint of the college administrator. Other lectures presented were "Stages of Intoxication", "Motivations for Drinking", "Alcohol and the Churches", and "Mental Health and Alcohol Education".

From the core of lectures we students found many issues

(Continued on page 53)

then told him that if he was sincerely ready to give up his drinking he should acquaint himself with Alcoholics Anonymous. Realizing that his repeated failures were evidence of the awful change that had taken place within him, he joined the organization, and before not too long was regularly attending and speaking at their "closed" meetings.

Now that the most difficult phase of his gradual recovery had passed he had been acting as policeman, detective, nurse, and counselor to many of the new members.

Now as he drove into the quiet neighborhood his eyes narrowed so that he could make out the numbers on the dimly lit porches. He slowly drove up the street and began flashing his car spotlight which finally settled on the number that he had been repeating over and over to himself. Stopping the car, he hastily opened the door, and walked briskly up the steps. While he rang the doorbell he could hear the echo of faltering footsteps through the house and then suddenly the door flew open. There in the dim light stood a young man of about twenty-two nervously wringing his hands. As Joe stepped into the living room the young man gasped and said with disbelief on his face, "Dean, Dean Morrison."

---

*"Facing Facts"*

## Alcohol Vs. Alcoholics Anonymous

Louisiana Polytechnic Institute  
Ruston, Louisiana

By Max W. Chesnut

**M**EN AND WOMEN drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot, after a time, differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable, and discontented unless they can again experience the sense of ease and comfort which comes at once by their

taking a few drinks — drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over.<sup>1</sup>

In order to arrest chronic alcoholism, it is first necessary to find some way to make the patient face the fact that he is an alcoholic, Drs. Robert A. Moore and Thomas C. Murphy of the University of Michigan Medical Center, Ann Arbor, told the American Psychiatric Association meeting in Atlantic City, N. J.<sup>2</sup>

From a reported study of one hundred male alcoholic veterans, the degree of improvement was found to be significantly related to the degree to which the patient had become able to face the fact of his alcoholism.<sup>3</sup>

Experience shows, however, that therapy works best on the person who not only desires to be cured, but who only has recently begun to drink. The alcoholic of long standing is rehabilitated with great difficulty or not at all, because his body has become accustomed to the effects of alcohol, and — far more important — because he has come to depend on the extreme escape of alcohol and cannot make the painful psychological transition to more realistic and effective ways of facing and solving his problems.<sup>4</sup> Unless this person can experience an entire psychic change, there is very little hope of his recovery.<sup>5</sup>

On the other hand — and strange as this may seem to those who do not understand — once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, suddenly finds himself able to control his desire for alcohol, the only effort necessary being that required to follow a few simple rules.<sup>6</sup>

The spark that was to flare into the first A.A. group was struck at Akron, Ohio, in June, 1935, during a talk between a New York broker and an Akron physician. Six months earlier, the broker had been relieved of his drink obsession by



a sudden spiritual experience, following a meeting with an alcoholic friend who had been in contact with the Oxford Groups of that day. Though he could not accept all the tenets of the Oxford Groups, he was convinced of the need for moral inventory, confession of personality defects, restitution to those harmed, helpfulness to others, and the necessity of belief in and dependence upon God.<sup>7</sup>

By bringing alcoholics together in social activities, Alcoholics Anonymous provides its members an atmosphere of mutual understanding, acceptance, and sympathetic fellowship in which they can work out their problems. Among patients who are truly willing and desirous to be cured, this approach to alcoholism has met with considerable success.<sup>8</sup>

As the principles by which the individual alcoholic could live were discovered, the principles by which the A.A. groups and A.A. as a whole could survive and function effectively had to be evolved. It was thought that no alcoholic man or woman could be excluded from the society; that the leaders might serve but never govern; that each group was to be autonomous and there was to be no professional class of therapy. There were to be no fees or dues; the expenses were to be met by voluntary contributions. There was to be the least possible organization, even in the service centers. Public relations were to be based upon attraction rather than promotion. It was decided that all members ought to be anonymous at the level of press, radio, TV, and films. And in no circumstances should members give endorsements, make alliances, or enter public controversies.<sup>9</sup>

This was the substance of A.A.'s Twelve Traditions. Though none of these principles had the force of rules or laws, they had become so widely accepted by 1950 that they were confirmed by the first International Conference held at Cleveland. Today the remarkable unity of A.A. is one of the greatest assets that our society has.<sup>10</sup>

---

<sup>7</sup>*Alcoholics Anonymous* (New York: Alcoholics Anonymous Publishing, Inc., (1955) ), pp. xxvi-xxvii.

<sup>8</sup>"Make Alcoholics Face Facts," *Science News Letter*, May 21, 1960, p. 323.

## McMASTER

(Continued from page 49)

to carry to our student discussion groups. After listening to Dr. Riggs, we were challenged to re-examine our attitude toward college drinking rules. Talking with the members of Alcoholics Anonymous, who were with us for an evening, each one of whom started as a moderate social drinker, challenged each one of us to think about where just one drink might lead. This opportunity to discuss among ourselves the

(Continued on page 63)

---

## THE CAMPUS SCENE

(Continued from page 40)

Several years later after a series of attacks on a particular college's stand on drinking, students, with typical alacrity turned to the campus newspaper as a forum for student discussion as to how far out of touch with reality the administrative officials of that institution seemed to be. They chided the administration for being "moralistic"; they claimed that the college concerned evidently thought it could legislate morals through the enforcement of a drinking regulation. On this particular campus students were clamoring to have the regulation rephrased so that in a relatively small community students of legal age could drink wherever they pleased provided it was in no connection with the college. On the other hand, the college steadfastly maintained that it could not tell its students **either** where or how much to drink and be consistent. First of all, it was a minority of students who went to the extent of conducting a survey among students 21 years of age and older reporting to show that most of these students did drink anyhow and so they argued, "Why shouldn't the university be realistic in facing these facts and provide for the wishes of this particular group?" Not all of the 21-year-old students were contacted and the results were not surprising in that they showed most of those who participated in the survey thought the university ought to change its regulation. This situation presented

real problems for the college officials. They felt that many misinterpretations were being made in the articles appearing in the student newspaper and they had a policy of freedom of the press and no desire to censor the paper. Finally the Dean of Students became so irritated at this one-sided barrage that he sent the following letter to the student newspaper. It was printed in full.

#### Administration Publishes a Letter

Recent letters to the student newspaper for the most part have presented one side of issues the authors have set up about the use of alcoholic beverages on a college campus, particularly at college.

The nature of many of the arguments clearly indicates the writers have not understood or given thoughtful and thorough consideration to the fundamental elements involved in the position taken by college officials. Disregarding discussions of many of the errors of statement and interpretation in recent letters, here are a few basic matters that need presenting. This is of necessity an incomplete statement,

Because of what alcohol is and does, it cannot be recommended for a college campus truly concerned about the personal welfare of its members and the moral integrity of the community. It is a moral matter. A lack of such moral concern is immature and irresponsible.

Alcohol may act as an anesthetic, a narcotic or an analgesic depending on quantities and forms of alcohol consumed<sup>5</sup>. It no doubt does promote freer conversation provides a temporary release of tension; and presents a pleasant aura of feeling (for a time). It also is a means of releasing inhibitions, impairs higher neurological functions and has a depressing after effect. Thus to some it provides a temporary pleasing deception on what is really a downward spiral of self-management and respect. One does not have to face himself so fully nor be so aware of his shortcomings with a few drinks under

5. McCarthy, Raymond, Ed., *Drinking and Intoxication*, Publications Division Yale Center of Alcohol Studies, New Haven, Connecticut, The Free Press, Glencoe, Illinois, 1959, p. 26.

his belt!

Alcohol contributes to national disaster in a major way through accelerated and increased accident rates, and broken homes and lives on account of alcoholism, now a major illness in our nation. It is economically costly to the nation; socially and personally deceptive; personally injurious to many people. These facts can be substantiated in detail by anyone willing to investigate.

Now having said this, let it be understood I realize that disaster is not the inevitable result of consuming alcohol. A drink with alcohol content does not insure one's demise and departure for Hell. Alcoholics develop out of regular drinkers—one in fifteen.

But only an exceedingly small number of regular drinkers ever began drinking, thinking they would (or could) be anything but occasional drinkers. The nature of alcohol—what it is and does—contributes to this fact. What responsible person would wish to start any individual on the road to illness? Who is wise enough to say—even for himself, much less for others—what the consequences will be in consuming a chemical so directly related to creating undesirable personality and neurological changes as is alcohol? In light of the potential harm it can create—yes, even for you who are now so sure of your drinking habits—with the single exception of limited medicinal uses, what fundamental net good can possibly be derived that cannot be more adequately achieved in a permanent way without alcohol?

### **Morals Can't Be Legislated**

Next, let us consider this "line" about "the college" feeling it can legislate morals. Absurd! Of course morals cannot be legislated—every thoughtful person knows this. But an individual act becomes a moral issue when it affects other people. It is a uniquely personal matter for each individual to decide for himself what he thinks about alcohol in beverage form. What you decide is your business. As an educator I express the hope that you will for yourself undertake a serious study of alcohol and then decide about its role in your life. I challenge you to fully understand the nature and

effects of alcohol and then ask yourself if you would be willing to be responsible for a situation in which others are influenced to drink alcoholic beverages.

Unless you are hopelessly selfish and immature, you cannot with conscience present such a potential stumbling block to your friends! It is a moral issue—are you afraid of assuming moral responsibility, or are you lacking in moral sense?

I might enjoy fast driving, but as a member of society there are laws that make me an offender against the safety of the community if I fail to take others into account. Reckless driving can be a moral issue—it effects other people!

So, regardless of your decision about alcohol for yourself, you are under a moral obligation to conduct yourself so the many negative effects arising from the use of alcoholic beverages do not arise; and this is for the best interests of the community. College officials believe to develop a strong sense of moral responsibility is properly a part of education at its best and is one of our nation's greatest needs today.

The fact that some suggest we should say where students over 21 years of age may drink shows that you know full well it is undesirable for the best atmosphere for personal and educational development. But why is all the above not applicable to persons of any age in our community? Drinking downtown by students would not remove it from the college atmosphere nor appreciably reduce the responsibilities involved.

We are keenly aware of our responsibilities as administrators of this college to do all in our power to help create an atmosphere in which personal growth, academic achievement and the development of moral responsibility can flourish. We are convinced this will enhance the respect for the degrees to be earned by our students. We cannot see how alcoholic beverages contribute to these ends. We see in many ways how they can deter such development, hence we cannot give encouragement to those who wish to drink at college. We suggest again that those persons who for personal reasons involving their own decisions cannot accept responsibility for avoiding alcoholic beverages while under

the jurisdiction of the college, find another educational atmosphere where there is less concern for these goals of optimum personal, moral development, and responsibility. We recognize there are institutions of repute who confine their goals to academic achievement and cultural development and do not take a stand on this particular issue. We respect their right to choose.

At this college we intend to continue to strive in every sensible way possible to eliminat the use of alcoholic beverages from campus life because of what we know alcohol **is** and **does**. We earnestly feel we have aggressive support of this aim by thoughtful and mature students who fully understand the facts, issues, and consequences involved.

### **Some Follow-up Discussions**

After this material appeared several responsible student groups discussed the fact that too much had been made of the ruling about alcoholic beverages and that the student newspaper and other factions on campus should seek more important things to which their energies might be devoted. The Dean involved feels that his letter did not completely solve the situation, nor does he take credit for a change in attitude, but he does indicate that like the list of obvious reasons presented earlier, this letter had the effect of a direct, straight-from-the-shoulder kind of answer that seemed to have a desirable result.

What alternatives are open to institutions as they find themselves in conflict with student feeling and customs on this matter?

It appears basically that colleges have a responsibility to clearly state their attitudes. It is the responsibility of the institution to see that its rules and regulations, its expectations regarding the use of alcoholic beverages, are made clear to all students beyond a mere statement of a "rule." Interpretation is necessary. This requires endless repetition and patient discussion. Students who for whatever reason wish to drink, or students who seem to be making an issue of the drinking problem regardless of their own personal feelings in the matter, often seem to be asking the college



to tell them how much or where they may drink. Many colleges refuse to enter into either of these questions although other institutions of higher learning make it quite clear that drinking is not permitted on the campus, in college residences, or at college functions, and set no further geographic limits. In such instances there is usually a statement to the effect that misbehavior and drunkenness are of concern to the college regardless of the place of drinking.

There is an uncomfortable aspect to the conflict which leads to many "red herring questions." Students have pointed out that a rule which is stated in terms that do not give them a clear idea as to where or how much they may drink contributes to uneasy drinking. These students usually try to infer that their uneasiness and conflict is the responsibility of the college whose rule creates this uneasiness in their minds. If such conflict is present after the rule has been explained, interpreted, and ample discussion has been entered into, it appears that four alternatives (or combinations of them) confront the institution.

- 1) The rule could be changed so as to be completely and easily enforceable. This usually means an implied if not explicit statement as to where students may drink and how much they may drink. This is obviously not a favorable alternative for institutions that wish to maintain a consistent educational attitude on this matter.

- 2) Students may be more carefully selected in terms of their drinking habits. While this alternative is open to some extent to private institutions, it is not open to public institutions. It does not present a practical solution, since it would require a kind of investigation that is not usually available to admissions officers.

- 3) Police action may be heightened and an atmosphere developed in which fear is the motivating factor so that the penalty for drinking is severe, automatic, and immediate. Extreme actions taken in every case. This tends to create an atmosphere in which it becomes a kind of "game" to elude the policing thus established. Furthermore, it carries

over to other relationships in the college creating attitudes which are not characteristic of intellectual communities where personal responsibility is emphasized and individuals are expected to restrict themselves on a mature level in compliance with the rules and regulations of the community in which they find themselves.

4) As in the case of other college problems, the use of alcohol can become an educational concern. This involves full information as to the college's attitude, and the creation of an atmosphere of expectancy that students will respond in a mature way with accompanying assurance that appropriate action will be taken in case of violations. In addition, it involves conscious attempts to engage in education covering alcohol.

These four alternatives are not mutually exclusive. Most often a combination is entered into, recognizing the various difficulties presented as outlined above.

A number of problems in the area of values faces every college administrator as he works with the various aspects of the use of beverage alcohol by college students.

In Phillip Jacaob's study of values he reports that the American student apparently tends "to value self-interest first, then social acceptance, friendship and the moral principles in that order when they are in conflict<sup>6</sup>." While this may appear to be a discouraging finding, in many respects it has the positive possibility of being useful in the discouragement of the use of alcoholic beverages, because if enough self-interest can be established through the facts and the truth about alcohol, then as a matter of self-interest students will not drink. Whether this can outweigh or outrun the increasing social acceptance of beverage alcohol is problematical.

Student values include a large degree of permissiveness in regard to the conduct of others. This protective attitude leads to a peculiar philosophy in groups who profess character-building standards and who claim to encourage action leading to the development of the most wholesome personalities of their members. When it comes to the matter

of alcohol, many organizations refuse to take much of a stand except on the matter of drunkenness which is generally taboo. Students characterized by leadership potential and integrity in most relationships sometimes seem not to be embarrassed by violations of a drinking regulation. There exists a feeling that "rules are good for most people, but not for me if I choose for purely personal reasons not to follow them."

"Furthermore," says this attitude, "I'm not going to tell anyone else how to run his life; therefore, I'm not saying much if I observe violations in my group—it is up to the individuals concerned."

This results in collegiate irresponsibility and a very critical attitude if "the college" does not apprehend all the violators known to students. After all, it is "their" responsibility and the student has made a poor gamble if he gets caught. It is a calculated risk, but, if one is caught he deserves whatever he gets.

### **Peer Group Leaders**

Along with this fact is another which may give some encouragement; namely, that students will respond to positive leadership when they respect this leadership among their own peers. In a fraternity known to have had some drinking problems a young man successfully ran for the office of president on a "dry" platform. His success in achieving office and his subsequent success in carrying out his determination that the house should be free of drinking is to be accounted for on the basis of the fact that he was highly respected among all the members of his group. This suggests the possibility of more use of the respected leadership on college campuses.

Somehow students expect administrative officers and faculty members to represent official pronouncements and, therefore, often tend to discount what they say about such matters as regulations concerning alcohol. If student leaders are personally convinced that it is to the best interest of their fellows not to drink, they will exert a more important influence than faculty administrative officers or parents.

We know from experience that peer leadership is of primary importance in the solution of problems such as this one. The continued development of a sense of responsibility regarding beverage alcohol on the college campus will only come about with leadership shared by faculty, staff, and students. No one group can do it alone. Faculty and staff must share in this. While student leadership is of critical importance, it must be supported and inspired by consistent and unapologetic help from faculty and staff members.

It becomes a paramount importance that we continue to have a staff of persons whose skilled leadership is effective in the areas of encouraging the development of values.

This is no task for the easy moralist, but requires an understanding of people, the means of their growth and development, and above all a steady personality, healthy motivations, and professional skills as advisors and counselors, not managers of persons.

The most enlightened approach to discipline problems on college campuses today embraces a mental hygiene philosophy. This results in every case being treated in terms of its own peculiar aspects, and in terms of the best interests of the particular persons involved. When this is done, the results sometimes seem weak to uninformed observers. The charge has often been made that college officials really do not mean to "crack down" on drinking because they have not always taken obviously severe action in cases of known drinking. The fact that appropriate action has been taken is often completely overlooked, and there appear to be as many solutions to what constitutes "appropriate" action as there are observers!

It is the strong conviction of the author that no magic and much harm is to be found in routine penalties applied without reference to the psychological reasons for the behavior under consideration. Recognizing a strong division of opinion on this matter, I feel that successful counseling situations can emerge out of what originally was a disciplinary context. A more effective contact is possible when human personal factors are recognized. The easiest approach is to give in

to the power and authority invested in "administration", and take automatic severe action without regard to the individual situation. This, however, negates much of our announced purpose in the recognition of individual differences in college life. Appropriate action in cases involving violations of drinking regulations need not be severe, automatic, or without regard to the background of each case. Appropriate action may range from counseling referrals to dismissal from the college. Public relations pressures must be resisted in favor of what is best for the offender.

It is the role of education to insist that recovery is more important than punishment, and yet not to be weak or indecisive in declaring a stand on the use of beverage alcohol among college students. To accept persons as individuals of worth can be achieved, even though one may not accept what they have done. Not to confuse two things becomes the important problem for all who work with young people in this area. We know that persons who use alcohol regularly are often people who have a low sense of self-esteem and a loss of a sense of dignity. Being accepted as a person may be the beginning of the rebuilding of some of this sense of dignity and personal worth.

The college population seems to come into public attention on this matter in a peculiar way, and yet colleges cannot realistically be asked to move faster than business, industry, the church, government, medicine, law, and other institutions of our society. This fact, however, does not excuse the college as an educational function in this respect. Alcohol Education is almost nonexistent in colleges in terms of the opportunities that would be available if seized upon by educators.

The relevance of the alcohol problem to the college curriculum is potentially extensive. Relevance may be seen in the field of political science, law, economics, literature, education, psychology, chemistry, nutrition, sociology, industrial management, to name only a few fields. All could throw light on the various aspects of the problems of alcohol in our society. If individual faculty members the country

over could be deeply convinced that there is a problem of relevance to their teaching in this field, this in itself might be of marked assistance in the solution of the problem.

### **Crisis in Truth - Crisis in Values**

In summary, this appears on the college campus to be a reflection of a larger problem of a crisis in truth and a crisis in values of society. We should find important allies in the home and in the church, for our joint challenge is to bring the truth and the development of values more closely together in effective practical living on a high level. One writer has said: "It is slow and tedious business. It is serious business. It is the business of redemption<sup>7</sup>." The redemptive, saving characteristics of this problem should make it particularly imperative for colleges to develop thoughtful, clear, persistent, and patient approaches in handling the problems involved in alcoholic beverages on the college campus.

6. Dickey, John Sloan, "Conscience and the Undergraduate," *The Atlantic*, Vol. 195, No. 4, April, 1955, p. 31.

7. Jacob, Phillip, *Changing Values in College*, Harper & Brothers, N. Y., 1957, p. 23.

8. Dicks, Dr. Russell L., writing in the May, 1957, issue of *Social Action*, published by the Council for Social Action of the Congregational Christian Churches and the Commission on Christian Social Action of the Evangelical and Reformed Church.

Churches and the Commission on Christian Social Action of the Evangelical  
Some of the material in this article appeared in *The President's Bulletin Board*, November, 1959, The Division of Educational Institutions, the Board of Education, The Methodist Church, Nashville, Tennessee.

---

### **McMASTER (Continued from page 53)**

new information we had obtained clarified our personal feelings and knowledge about the alcohol problem and challenged us to face our personal responsibility to make vital decisions about the drinking question.

"The School presented facts and ideas about the alcohol problem which I had not considered before, and made me realize how great the problem is." The combination of the beautiful surroundings of Hamilton, Ontario and McMaster University and the challenging ideas presented marked a most memorable week of study and recreation.



The Roberts Editorial Awards  
of 1962

**\$2000  
IN  
AWARDS**

## College Drinking Rules:

**ARE THEY ACCOMPLISHING THEIR PURPOSE?**

A TOTAL OF

Sixty-Five Awards in Cash and Scholarships

First .....\$200

Second .....\$100

Third (2) .....\$50 each

Fourth (4) .....\$25 each

Local Groups (20 only) .....\$25 each and Scholarship

Open to undergraduate College Students

For Information Folder Write:

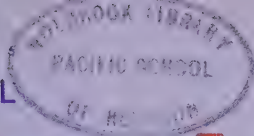
Intercollegiate Association

12 North Third Street,

Columbus 15, Ohio

2 1535Z 2A-15  
PACIF. SCH. OF RELIGI  
LIBRARY-1798 SCENIC  
BERKELEY 9 CALIF.

THE  
INTERNATIONAL



# *Student*

January,  
1962

## *Digest of Alcohol Studies*

### *In This Number*

Culturally Conditioned Attitudes .....	67
Here is What Joe Did.....	69
Teenage Drinking and Social Change .....	70
Intercollegiate School of 1962 .....	73
It's Our Problem .....	75

University Hall  
McMaster  
University,  
Hamilton,  
Ontario  
Canada



racism  
nothing  
than  
y; it is  
nsibility"

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

February, 1962

Vol. 59, No. 3

---

IT WAS ANNOUNCED at the International Council meeting, December 30, that Dr. Albion Roy King, President of the Association, is now available for three months service as a campus visitor, lecturer and consultant.

Recent head of the Department of Philosophy and former Dean of Men at Cornell College, Mt. Vernon, Iowa, Dr. King has devoted many years to research and writing on the ethical and social problems in our modern culture. His books, **The Psychology of Drunkenness** and **Basic Information on Alcohol** are outstanding. He is particularly known among North American colleges, universities and summer institutes, as a lecturer and writer in the objective field of studies relating to the problems of alcohol. He has been both a member and a lecturer at the Yale School of Alcohol Studies.

Address him at his home: Mt. Vernon, Iowa, or The Intercollegiate Association, 12 N. Third Street, Columbus 15, Ohio.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# Culturally Conditioned Attitudes Toward Beverage Alcohol

Albion Roy King, Ph.D.,

From a lecture at  
the Intercollegiate School  
of 1961

Professor of Philosophy

**M**ANY YOUNG PEOPLE today confront a difficult problem because of the cultural conditioning of their primary group and the interests of their peer group. By primary group I mean the family in which the individual is matured. The peer group is the group of social equals into which he moves.

For instance, if a young man leaves home, goes to college and joins a fraternity he has moved from a primary group into a peer group. As an example of this I refer to a letter written by a student at the time he was trying to make the adjustment from the conditioning of the one to another where he found the conditioning very different.

"I was just beginning to feel a desire to drink," he says, "and I combatted this feeling mostly by an unfounded fear of some sort of drastic consequences. I was genuinely afraid of drinking, but I had nothing to satisfy a secret adventure of doing something wrong. Only my fear and my sense of religious morality held me back. When autumn sports and their necessary training came along, I was relieved to have a justifiable reason for abstaining.

"Football was followed by basketball in the winter and most of the guys that I ran around with who were good athletes did not drink during these months."

Thus, he had a good reason for not drinking; a reason not only to give to his peer group but one that also satisfied his own feelings. This substitution did not involve

finding something to take the place of alcohol, but finding something to use as an acceptable barrier to keep temptation sublimated. The barrier was "keep training."

"When basketball season was over," he adds, "and my ostensible reason for not drinking was gone, the pressure and temptation to drink mounted to new and larger dimensions. Drinking became the means of identification with the group. There were simply no substitutes that would allow me to keep my identification and respectability as a BMOC.

"Drinking being inconsistent with my religion, one or the other had to go and religion took the rumble seat. When most of my friends were drinking, the fear that I formerly had of my consequences seemed very small. When girls were drinking my pride and sense of male superiority were so inflamed that there was not a moment's hesitation regarding my direction. I discovered that it was easy to drink and have a good time. Now I was welcomed to the group as a full-fledged sensible member."

As educators we face the alcohol problem in relation to cultural conditioning and the demands of the peer group. Dr. Robert Russell makes a radical suggestion to teachers and to administrators and to anybody who is concerned with alcohol education that the class room should be used to change attitudes and not just to make people intelligent. He says that we should do an exceedingly good job with what he calls the gatekeepers. The gatekeepers are those fellows in the peer group on the campus who exercise a kind of dictatorial standard with regard to what the peer group tolerates and demands, much as the big-shot in the fraternity sets the pattern for everybody else in that group. He goes on to say that if we are going to get anywhere with this alcohol problem in terms of changing attitudes, we've got to have some device to identify the gatekeeper and devote our attention to him. We capture him, or them, and then maybe we can get somewhere with their education.

# Here Is What Joe Did

Miss Stevens, Psychiatric and Social Worker

Intercollegiate  
School of 1961

McMaster University,  
Hamilton, Ont., 1961

**A**BOUT A WEEK ago a man by the name of Joe was walking along the street enjoying a sunny afternoon. All of a sudden a total stranger walked up to him and said, "Will you help me?" It turned out that this stranger, whose name was Bill, had been drinking rubbing alcohol for a long time. He had already had a bottle that day and somehow or another he knew that he had to get off it.

Bill had heard that there were various ways of getting help, including Alcoholics Anonymous, but he didn't know how to do it. So he just walked up to a total stranger and asked for help.

Now, if a fellow walked up to you in need of help, what would you do? This was a new experience for Joe. However he did happen to know where the local A.A. office was. He figured that if anybody knew anything about alcoholics, they ought to, so he took him there.

The official at the office very quickly realized that this man was not yet ready for A.A. work. He was in a very acute stage of illness. He had been drinking rubbing alcohol constantly for some time, and he was hallucinating to the point of losing contact with reality.

Joe had never met him before, but out of his compassion for another human being, he invested his time and energy in Bill by taking him to a clinic which the official at A.A. suggested. As a result of a stranger befriending another stranger in time of need, a life was saved. Bill entered the clinic. After several months of treatment he was rehabilitated. Because he is an addict it is impossible to say that he has been cured. However, he has stopped drinking, he has joined A.A., he is holding down a job, and he is supporting his family. Also, he is spending a great deal of his free time helping other alcoholics.



# Teenage Drinking And Social Change

By George L. Maddox, Ph.D.

Excerpt  
From a Lecture

Millsaps College  
Jackson, Miss.

**I**N THE PAST TWO DECADES, five studies cumulatively involving 8,000 students in high school have been completed. These students admittedly constitute only a fraction of the total number of students in high school and an even smaller fraction of the total number of teenagers in the United States. Yet, the available research is substantial and provides a much sounder basis for discussions of teenage drinking behavior and attitudes in the United States than does guesswork unrestrained by evidence.

In general terms, here is a brief summary of some of that evidence:

1. First exposure of an individual to personal use of alcohol tends to occur at age thirteen or fourteen, about the time he enters high school. He may have "tasted" alcohol before this time.
2. First exposures to personal use are more likely to be in the home with parents or other relatives present than in any other situation.
3. The probability is quite high that every teenager who is graduated from high school will have "experimented" with at least one drink.
4. The proportion of users (those whose drinking has involved more than a single isolated experience and more than drinking in a religious situation only)

---

The Lecture "TEENAGE DRINKING AND PLANNED SOCIAL CHANGE" was given by Dr. George L. Maddox, of Millsaps College at a conference on Alcohol Education under the sponsorship of the National Institute of Mental Health of the U. S. Public Health Service.

among teenagers varies from community to community. In some communities majorities of six or eight in ten are users.

5. If the parents of a family use beverage alcohol, the probability is high that their teenage children will also be users. Abstinent teenagers typically have abstinent parents.
6. Among teenagers, as among adults, the probability that an individual will be a user varies with such factors as sex, socio-economic status, religious preference and participation, and rural-urban residence. **Consequently**, the best single indicator of probable teenage drinking behavior in a community is the **drinking behavior of the adults** who provide significant models of behavior for the teenager who is in the process of learning what it means to be an adult.
7. Teenagers tend to associate the use of alcohol with adult role playing and particularly with situations in which adults are being convivial, celebrating a special event, or seeking relief from tension and anxiety.
8. Teenagers tend to perceive alcohol as a social beverage rather than as a drug; they tend to emphasize in their descriptions of drinking behavior and its consequences what alcohol does for the individual more often than they emphasize what it does to him.
9. In some communities majorities of teenagers claim general parental approval for their drinking, especially when that drinking is confined to the home. This is clearly inconsistent with the assumption that parents are categorically opposed to all teenage drinking.
10. Moral, religious and legal prohibitions against teenage drinking are found to be only partially effective at best. Only a minority of teenagers, even when they are abstinent themselves, consider drinking among their peers normally wrong under all

circumstances. While teenagers who express the most interest and participation in organized religion are less likely than others to be users majorities of users in various communities also express interest and participation in organized religion.

11. The incidence of teenage drinking in a community appears to be largely independent of legal restraints.
12. The incidence of "problem" drinking among teenagers in high school appears to be low. Teenagers who drink on the average as frequently as once a day are estimated to constitute only between two per cent and five per cent of all teenage users. The most frequently used beverages are those with relatively low alcohol content.
13. Teenage **attitudes** toward drinking and their drinking behavior are oriented to and, to a large extent, in **imitation of, adult attitudes** and use. The existence among teenagers in high school of widespread groupings or of a "teen culture" rebellious or **hostile toward adult authority** and expressing this rebellion or hostility in their drinking is **not supported by the evidence**. This does not mean that teenage drinking never reflects hostility toward adult authority, or demands, but, that such behavior is not the rule.

---

**YOU** MAY BE INTERESTED to know that the paper I wrote in the Roberts Awards program of 1961, "The Road Back to Humanity," is taking on new meaning since July 1, when I began work with the Catawba County Department of Welfare. In my case work I have already dealt with many persons who had fallen into the clutches of alcohol. Please express my **thanks to those who made this honor possible**.

— Elizabeth Herion Deal, Lenoir Rhyne College '61, Hickory, N.C., winner of FIRST HONORS and a prize of \$200 on the theme, "The Role of A.A. in the Community."

# The 1962 Intercollegiate School Of Alcohol Studies

by R. David Alkire

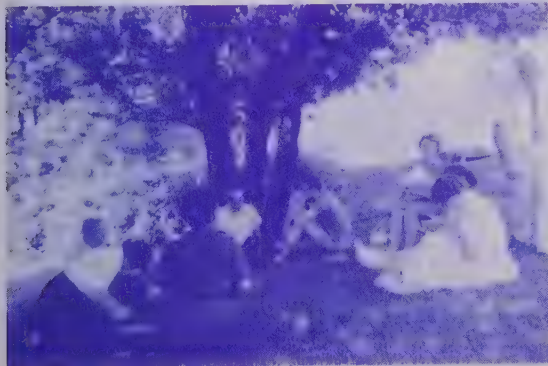
Dean Elect

**O**NCE AGAIN young men and women will be coming from colleges all over the United States and Canada to attend the 13th INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES at McMaster University, Hamilton, Ontario, August 25 through the 30th. Here in the beautiful scenic wonderland of central Canada, they will study the extremely serious, although often neglected alcohol problem. Their leaders will be accredited international experts from departments of Medicine, Psychology, Education, and Social Science.

The first part of the school will concern itself with motivational factors in human behavior relating to the use of alcohol. It will then deal with the area of cultural effects, with particular reference to problems such as alcoholism, crime, accidents, and so forth, which are sometimes caused

**AND DID WE DISCUSS AT McMASTER IN 1961**

—Frances A. Nicholson





**It Was Not All Lectures Last Year**

by its use. The last part of the school will concern itself with techniques and methods of treatment, control and prevention.

This week in Canada will not only offer an opportunity for serious study and discussion on the alcohol problem, but it will also be a wonderful vacation for all those attending. Besides beach parties, swimming, sports, and square dancing, we will spend one evening visiting the famous National Canadian Exhibition in Toronto.

Those attending will be majoring in a wide variety of subjects at the colleges they attend, from general arts to social work. All of them will become better equipped to handle this problem when and if it arises during their training, or after graduation in their jobs in social life, and in their role in community leadership. Few, if any, will specialize on the alcohol problem as their life work as a result of attending this school. However, we sincerely hope that all of them will leave this experience with a deeper concern for human welfare and an inspiration to help build a better society where all members can live a healthier, more productive, and freer life.

# It's Our Problem

## An Ethical Approach

By Rev. Harry Meadows

Condensed from  
a Broadcast

Vancouver, British Columbia

**T**HIS PROBLEM IS ONE on which almost nobody is neutral — this problem of beverage alcohol — yet nobody has a satisfactory solution for it.

What overtones the subject has for so many people! For some it calls up visions of social fellowship, gay camaraderie, an evening spent with good companions. For others it calls up a picture of drunkenness, debauchery, skid-row, or a ghastly auto accident. There are still others to whom it is a question of dividends, profits, and advertising campaigns.

But let us face the fact that social and moral conflicts also are involved — and that these problems are not easily resolved. If an honest facing of them is an uncomfortable experience, let us be uncomfortable because this social problem is our problem; let us do it calmly without letting our emotions be aroused.

### New Acceptability, New Responsibility

Ever since the days of prohibition alcoholism has been the subject of an increasing number of studies under experts in research. A vast number of scientific reports are now available. Yet after all this study it is not known what makes a person a compulsive drinker. We do know, however, that an alarming percentage of those who use alcohol become alcoholics. In spite of the dangers involved the use of beverage alcohol increases steadily; today 72% of Canadians over the age of fifteen drink; that is almost three quarters of our adult population. For every hundred thou-



sand of our people we have almost two thousand alcoholics.

Even a casual reading of our press and popular magazines reveals great concern regarding the problems that this has created: broken homes, juvenile delinquency, auto accidents, crime, mental disorders.

The problems related to alcohol touch all levels of society, the poor and the rich, the educated and the uneducated, the laborer and the executive, the professional man and the casual workers, male and female. It's not just a problem for people of lower social status. for careful study reveals that the percentage of users has increased at higher levels of education and social status as well as the lower ones. Because the use of alcoholic beverages has become socially acceptable many people refuse to accept any personal responsibility. They contend that the problem is the responsibility of government. They forget that government is but the multiplication of ourselves.

My thesis is: **that it is our problem. We are responsible and there is something we can do.**

### **Control Legislation is Not Enough**

Even while many refuse to acknowledge responsibility, a great many people, an increasing number, are unconcerned. They agree that the liquor trade must be under some form of control by government. But all too often government control has been in the direction of increasing government revenue rather than in the direction of restricting manufacture and sale. Only the smallest fraction of revenue from the liquor trade has been spent in scientific research for the cure and rehabilitation of victims.

In the year ending March 31, 1959 the British Columbia government did \$94,500,000 in liquor business, a profit of \$27,000,000. The same year it granted \$110,000 to the Alcoholism Foundation for the Rehabilitation of Alcoholics and \$10,000 to the Alcohol Research and Education Council for Education; that is \$120,000 out of \$27,500,000, less than one-twentieth of one per cent. You wouldn't be satisfied with that return on any investment you made.

## **Education is Not Enough**

Legislation is important but it is only a part of the answer. Solution requires both legislation and education. Education or 'propaganda' if you will. Don't be afraid of that word; the liquor trade isn't afraid of it. Its propaganda is everywhere and certainly its propaganda has been in evidence in Vancouver this Grey Cup week-end. But, educational propaganda must be based on scientific research and proven facts. This is the kind of education carried out by the Alcohol Research and Education Council in the High Schools of our province.

But there's more involved in the solution than legislation and education. It is one thing to have an intellectual understanding of a problem but behavior is essentially based upon emotion as well as intellect. Emotion is involved in every decision that we make. People have to believe in a certain policy or program before it becomes a fact, before it even becomes workable.

## **Problem of Responsibility**

Drinking patterns have become bound up with our culture patterns. Because of the place that liquor has gained in our society we must come to see it not only as a legislative or educational problem but as a moral problem. That is what I mean by the title "It's Our Problem."

We, you and I, are morally responsible and don't be afraid of that word 'moral'. Some of my friends, welfare workers, social workers in the field of rehabilitation of alcoholics, are afraid to use that word 'moral'. They think if they do they won't be considered scientific in their approach. As long as man is responsible to God every social problem is a moral problem.

Now it's not a moral problem because some of us were taught as children that only bad people drink. We grew up to find that that was untrue, that many good and fine and upright people do drink. It is to you upright people who drink that I appeal to accept responsibility, for drink is a social liability. The Alcoholism Foundation estimates that liquor costs the province of British Columbia \$84,500,000 a

year; this, of course, does not count the damage to human personality.

### **Some Attempts to Deal with the Problem**

Let's look at some of the attempts that have been made in Canada to deal with alcoholic drink.

Prior to prohibition we had a 'laissez-faire' system. Individuals were licensed by government upon the payment of a fee to sell alcoholic beverages; under this system convictions for drunkenness per capita rose to an all-time high in 1913.

There was public revulsion. As a result prohibition became a fact from 1916-1921, but everyone knows that prohibition was a failure. They do? How do they know? Because the liquor trade propaganda has said so over and over again.

Do you know: that poverty caused by drink was almost eliminated; that crimes associated with drunkenness were greatly reduced; that in 1920 Central City Mission in this city almost closed up — it had no clientele; that in 1920 a provincial jail was closed at Nelson, another almost emptied at Nanaimo and admissions to our Provincial Mental Hospital greatly reduced?

Now I am not advocating prohibition. Today it would be impossible even if it were desirable. I'm stressing these facts to point out that there are two sides to the story and the fact that when the consumption of alcohol is reduced so are accidents, crime, poverty, mental disease, and other forms of human suffering.

Later we had the system of 'government control' which in most provinces is known as the 'integrated system.' Under this system sales have soared, alcoholism has become a major social problem, convictions for drunkenness are approaching the 1913 per capita high; drunkenness for women is at an all time high and death and destruction has spread along our highways; liquor has been glamorized, and promoted by high pressure advertising; brewers and distillers

have become patrons of art, culture and sport. And we have our Calvert Trophy for drama, our Schenley Trophy in football and the O'Keefe Auditorium in Toronto.

Liquor interests can now afford to stage \$20,000 cocktail parties. The Grey Cup has become emblematic not only of Canadian football championship but of Canada's greatest national hangover.

How many of us who spend hours dealing with people whose homes and marriages are going on the rocks because of alcohol feel resentful? Sometimes I feel like sending such couples to the manager of the local brewery and let him provide the counsel and help. He and his company are making the profit, I'm not.

But, the church feels responsible, responsible because we seek to redeem; responsible because, through government, we too are in the business. But the church still believes that it should offer something more than an ambulance service to pick up the wrecks.

### It's Our Problem

Do you find it hard to understand what's going on in the Congo? Well ask yourself how would you explain to the Congolese what has gone on in Vancouver this week-end. How would you explain Vancouver this Grey Cup week-end to the hungry people of India. There are moral problems involved in what we call "our way of life" and I'm asking that we face one of them.

It is difficult for me to understand how anyone can fail in the face of all the evidence to see the grave social problems which alcohol creates.

---

The honor accorded my work in the Roberts Editorial contest of this year is the first I ever received for writing. I am **grateful** that it has been won in a **field of such significant social importance**.

— Kenneth L. Wise, Hastings College '61, Nebr., winner of Third International Honors, who wrote on "Arrest by Concern." He is now a reporter on the **Hastings Daily Tribune**.

# INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

**McMASTER UNIVERSITY,  
HAMILTON, ONTARIO, CANADA**

The School offers college students, their leaders and counselors, and young adults with college interests, AN OPPORTUNITY to —

- Gain a basic understanding of the problem —and problems—related to alcoholic drink in modern living.
- Recognize objective study as fundamental in study and discussion of these problems.
- Work out together bases for intelligent personal and social decisions.
- Develop thinking toward constructive action and service,

**August 25 through 30, 1962**

The Intercollegiate Association for Study of  
The Alcohol Problem  
For Program and Enrollment  
write the Columbus office

John A. Linton  
Vice President  
11 Prince Arthur Ave.,  
Toronto 5, Ontario

Harry S. Warner  
General Secretary  
12 N. Third St.,  
Columbus 15, Ohio

2 1535Z 2A-15  
PACIF.SCH.OF RELIGI  
LIBRARY-1798 SCENIC  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# Student

## *Digest of Alcohol Studies*

### *In This Number*

College Drinking Regulations .....	83
A.A.'s at a State Prison .....	85
Teenage Drinking and Social Change .....	86
Road Traffic Danger Points .....	87
Centering Attention on the Main Sources .....	89
Saving Where Others Pass By .....	90
INDEX: Vol. 59; Sept. '61 - April '62 .....	94

Woodbury Hall, Rutgers University,  
New Brunswick, N.J. (See page 93)





# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

April, 1962

Vol. 59, No. 4

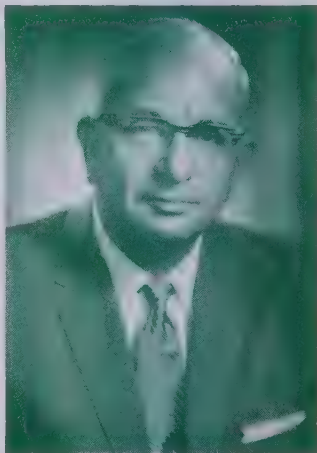
## ONE OF THE MANY TOP-LEVEL SPEAKERS

At the Intercollegiate School  
McMaster University, August 25-30, 1962

Dr. George H. W. Lucas, of the University of Toronto, will discuss the latest knowledge regarding:

"The Pharmacology of Alcohol with Respect to the Human Body."

Dr. Lucas is Professor of Pharmacology at the University; has worked with the Canadian Mounted Police to improve driving tests; was on a Committee of the Second World Conference on Alcohol and Road Traffic; is an Honorary Member of the Canadian Anaesthetists's Society—hobby, hunting in the Canadian wilds.



Dr. George H. W. Lucas  
© Ashley and Crippen

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio  
Send Forms 3579 and all communications to the Headquarters Office, Room 522, 12 North Third St., Columbus 15, Ohio.

# College Drinking Regulations

By Albion Roy King, Ph.D.

President of the  
Intercollegiate  
Association

Former Dean of Men  
Cornell College

**I**N ALL THE COLLEGES which make an effort to control the alcohol problem by means of rules, so far as my limited survey indicates, there is much concern about what rules are best. From the standpoint of the Intercollegiate Association no regulations of a disciplinary sort are adequate to motivate the behavior of youth especially at the college age level. Understanding alone can do this, and therefore no rules can substitute for intelligent investigation and discussion of the problem. All college administrators seem to agree to this. It seems also that the more stringent the rules, the greater the difficulty in interesting students on a voluntary basis to undertake a seminar type of program.

At Augustana College, Rock Island, Illinois, I found a unique rule for the guidance of the deans and student government where complete restriction on the use of alcoholic beverages is set up. Most college students today are minors and in most states the sale of alcoholic beverages to minors is prohibited by law. The Augustana rule requires the minor, if he is to remain in school after an infraction, to face the court and to reveal the source of his supply of alcoholic beverage. A policy of this sort should not only reduce drinking in a major part of a student body but also exercise a restraining effect on the beverage outlets in the community. The following is an excerpt of the rule from the Augustana College catalogue which is part of the student's agreement when he enrolls at the college:

"It is assumed that young men and women who enroll as students at Augustana College are aware of Christian conduct and will govern themselves ac-

Dr. King will bring the "Basic Information" regarding the Alcohol Problem at the 1962 Intercollegiate School, Aug. 25-30.

cordingly. Gambling and the use of alcoholic liquors are not permitted. A student who is a minor and who gives evidence of drinking shall be required to submit himself to the penalties of the law and to testify against the establishment (or individual) from which the alcoholic beverage was secured, or he shall not be permitted to continue as an Augustana student by being denied the opportunity to register for the ensuing semester. Students who are not minors and who give evidence of drinking shall be subject to such discipline as the Discipline Committee of SFARC and the Administrative Council may decide."

According to Dean Harry S. B. Johnson, "the rule has two basic purposes — first, to place the college unequivocally on the side of law and law enforcement, and secondly, to help us identify the problem so that we can deal with it in an effective way." As indicated in the first sentence of the Augustana statement the justification of such a rule depends on the standards and culture of the college foundation. Motivations must be grounded in an understanding and acceptance of that culture. A college is a voluntary society and enrollment ordinarily assumes an agreement to abide by the standards already established.

---

TWO GREAT FACTORS contribute towards alcoholism, according to Dr. Marvin A. Block, Chairman of the Committee on Alcoholism, American Medical Association. "One is the feeling of necessity for drinking, almost an obligation on the part of a person in our culture. It has come to be almost common practice to force a drink on a non-drinker by ridicule."

The second factor he says stems from the extreme toleration of the general American public to drunken behavior which "has come to be accepted as a matter of rather highly humorous form of entertainment, this laughing at the drunk and enjoying his antics."

---

Dr. Block is one of the speakers at the Intercollegiate School of Alcohol Studies, August 25-30, 1962, at McMaster University.

# Fellowship of A.A.'s at a State Prison

Seek Freedom from Drink  
and Return to Normal Life.

Marquette, Mich.  
Branch Prison

From "The Beam",  
March 1962

**T**HE LIGHTHOUSE GROUP is a fellowship of men within the institution who have admitted they are powerless over alcohol and wish to do something about it. This publication . . . hopes to acquaint our readers with the hopes and problems of our members, and to establish a better understanding between society and the AA program as it relates to inmates of a penal institution. **The Beam** magazine presents the experiences and opinions of the AA's and others interested in alcoholism." — Editor Bob

In the March issue short articles written by members include: "About Inside," "Worry," "The Golden Rule", "Let's Face It", "Letter to Granmaw", "Am I My Brother's Keeper"—seventeen of them.

## Letter to Grandma

Mrs \_\_\_\_\_  
Women's Reformatory  
Plymouth, Mich.

Marquette Prison  
March 1, 1962

Dear Granmaw;

I'm sorry for not writing sooner, Granmaw, but it just couldn't be helped. They put me away down in the dungeon for a spell, Granmaw and when they say down in this part of the country, they mean . . . straight down. I didn't mind it too much, though, cause it reminded me a lot of our old root cellar and the time Paw locked me in there so the rest of you could go to town to Granpaw's funeral. And all I got to eat here, too, was potatoes.

You will be wondering why they put me down in the cellar, so I might as well tell you and get it over with now. It's getting pretty close to St. Patrick's day, Grandmaw, and you know how I like a little something extra around for celebrating our day. Well, I went and found me a real good hiding place. Just outside my cell there is a fire extinguisher hanging on the wall. It sure did look good to me

*April, 1962*

cause nobody ever goes near it as far as I could see. One day I sneaked it into my cell, emptied it out, and loaded her up with water. Then I threw some raisins, potatoes, sugar and yeast into it (you're the only one that can do it just right Granmaw) and hung it back on the wall. Well, Sir, you can imagine how I would see myself all happy on St. Patrick's day, and you know how hard it is to be happy in these here places. A few nights later I got hungry, so I rolled back the blankets, threw a couple of slices of bread on the bedsprings, and held a fire under them to make a little toast. What do you think happened Grandmaw? . . . I got careless and the bed clothes caught on fire. Without thinking, I hollered for help. "FIRE" I shouted. Well, sir, four guards come down on the dead run to take a look. One smart alec grabbed the fire extinguisher off the wall. What could I do Grandmaw? He was going to squirt my home brew all over me . . . Well, the only thing I could think of I did. I told him to come a little closer and hand me the little hose through the bars so we could get a better chance at the fire. When he did, I began to pour it into a pail. He did not think that was doing much to put out the fare though Granmaw, and he started yelling. The smoke was pouring out, and the home brew was pouring in, and all in all she was a real big confusion. Finally, we smothered the fire. While all this was going on, I guess they saw me and opened the cell. One of them took a whiff and that was all, Granmaw.

She'll be a dry St. Patrick's, Grandmaw, but no matter. I went and joined up with them AA folks a few days ago. I figure if I am going to be sober, I might as well have a little company.

Following "The Twelve Steps" basic to all AA's the editorial page of *The Beam* quotes the theme of the movement:

God grant me the Serenity to accept  
the things I cannot change,  
the Courage to change the things I can  
and the Wisdom to know the difference.

The keynote at McMaster (1960) was optimism; with vigor we can maintain this outlook. The morning after I arrived home our pastor asked me to speak at our annual church picnic — an ideal situation with parents and children attending.—Steve K. Anderson, William and Mary College; home, Hamilton, Ohio.

One of our great values is that the School is not too big, so that everyone gets acquainted and can exchange ideas—the students as well as the staff, having coffee and sandwiches at the Greystone.

Dr. Wayne W. Womer

The conference was very worthwhile. We, the delegates, felt greatly inspired to return to our campuses with our new ideas.

Lois Henry  
York University

# British Scientist Discusses Road Traffic Danger Points

Prof. C. G. Drew

Excerpt from  
"The Fact Finder"

Winterton Memorial Lecture  
Manchester, England  
Oct. 21, 1961

**I**T IS THE AMOUNT of alcohol which the individual has in his brain and nervous system which affects his behaviour. Alcohol starts to be absorbed into the blood stream very soon after the individual has been drinking—within five minutes. The blood distributes it all over the body, and everything except fat absorbs it, so the concentration of alcohol in the brain will soon reach equilibrium with that in the blood. Blood, urine, or breath will each give a good indication of how much is in the brain.

As soon as alcohol gets into the blood, it begins to be eliminated. For the first three-quarters of an hour, inflow normally exceeds elimination. If an 11-stone (154-lb.) man has one whisky, the maximum effect will come three-quarters of an hour later, and he will be clear in about two hours. If he drinks more, the maximum effect will still be at three-quarters of an hour, but it will take him longer to be clear—roughly one hour extra for each single whisky taken. So if a man drinks much whisky at night, he can still be very dangerous in the morning.

The effect of alcohol on muscle responses, reaction time, vision, hearing and touch, depends partly on the amount of alcohol in the brain, and partly on the complexity of the task. At blood alcohol levels below .05 grammes per cent., the more elementary reactions seem to be made more sensitive by small doses of alcohol. As soon, however, as we consider more complicated responses, the picture changes. Below .05 grammes, if you say "As soon as the light goes on, put your foot on the brake" the man gets faster with alcohol; but if you ask



him to put the brake pedal on when a red light shows, and press the accelerator when a green appears — as soon as any element of judgment enters into the task — then alcohol slows the man down. He is less able to differentiate colours. In driving it is very rarely merely a simple response that is called for.

In driving, also, it is important for us to be aware of what is happening at the side of our field of vision—for example, on the pavement edge. Our capacity to respond to such stimuli is very drastically reduced by high blood alcohol levels, until we come to the stage the Americans call “tunnel vision.” It is a very serious effect at .15 grammes. Fatigue produces ‘tunnel vision’ as well. As you get more and more tired, you get a more and more restricted visual field. Hence the very great danger when a tired driver endeavours to cure his tiredness by taking alcohol.

Professor Cohen in Manchester asked experienced bus drivers to estimate the smallest distance apart of posts through which they could drive. At blood alcohol concentrations below .05 grammes per cent. several were quite confident of getting an eight-foot-wide bus between posts less than eight feet apart. One felt sure he could get an eight foot bus through a six foot six inches space. The individual thus became less and less capable of judging his own performance.

---

### **The Intercollegiate School of 1962**

For college students and their leaders — a week of intensive study, discussion and fellowship.

A week with some of the outstanding specialists in North America in the field of alcohol problems; lectures, seminars, group discussions, personal interviews — freely seeking and sifting the best information available.

**Objectives:** To gain the ability to face alcohol problems **realistically, objectively**; to understand them as they appear at the college level; to obtain an understanding on which intelligent personal and social decisions may be made; and to prepare for constructive service in society.

# Centering Attention On The Main Sources

## Thinking Toward Service

**A**S LONG as the alcoholic was merely a sinner, a drunk to be picked up by the police or taken home by his friends, the joke of a drinking party, the occasion and the history of how he came to be what he is, might be over-looked. But with the understanding that he is sick, the approving attitudes in the culture in which drinking is prominent, socially approved and customary, stand out as serious obstructions to the improvement of public health.

No service toward solution of the liquor problems of today can be more constructive than that which seeks to establish social approvals that are free from the assumptions that long have been associated with the alcohol cult. Here the leaders of education, especially those in the higher educational fields, have an opportunity and responsibility. Drink customs are most forceful in their initial influence and their perpetuating pressure on young people and the general public, when supported by people of educational standing. No group, therefore, can so wisely and influentially lead in counteracting this influence, explain its meaning, and do as much toward substituting healthful customs of social enjoyment, as can our college and university communities.

Someone has said that a people may be divided into three classes: (1) The leaders of thought and action, 5%; (2) the intelligent followers of these leaders, 30%; (3) the other 65% who accept prepared ideas and respond to the customs and emotions of the crowd.

If this estimate is even approximately correct, may it not be asked, which way are the "leaders of thought and action" tending? If alcohol life-habits are initiated in great numbers of youth who know not the meaning of alcoholic culture and its trends, whose is it to understand, to teach, to

lead? If the ignorant and unthinking go quickly to excess, how can one avoid asking of those in positions of prestige, "Whose custom is it, anyhow?" Whose, in the sense of the social responsibility that goes with knowledge and prestige?

But if many of the 5% who constitute creative leadership, plus the 30% who accompany them by discriminating choice, have led in making and keeping liquor culture prominent in the past, they may now as naturally lead in constructive effort, utilize and popularize scientific information, sublimate the drink ritual of the dinner hour and discard the alcoholic practices of polite and influential society. (page 116).

**The Liquor Cult and Its Culture**, by Harry S. Warner, L.H.D., a study of the social aspects of the alcohol problem today, based on recent scientific understanding and experience and written in popular style. Prices \$1.50 and \$1.00. The Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

---

## **Saving Where Others Pass By**

### **Role of the Salvation Army**

Brigadier Joshua Monk,  
Harbor Light Mission, Toronto, Ont.

Condensed from a  
Lecture.

McMaster Intercollegiate  
School of 1961

**I**N THE OVERALL treatment of alcoholism today the spiritual approach is often neglected. In my 12 years of association with the Salvation Army I have found that we have attempted to use every modern concept, including the spiritual approach, to help the alcoholic.

The government is now supporting our work, to the extent that a man can be committed to our clinic from the jails: or he can be sent to us directly by the courts. When a magistrate sends him to us, we can rescind his sentence. If he stays with us over a period of time, the government has

given us the authority to say he is well enough to go out and to work. They feel that sending him to our institution gives him aid and saves him from the stigma of jail. In custodial care he would just have a drying out and then go out again to drink.

### **Army Men are Well Prepared**

We started our clinic with accommodations for 18 to 20 men. We now have an institution which is worth over a half million dollars. It will accommodate 65 men. We do not want to grow any larger because it would be too hard to give the care that is necessary for this type of work. We have 14 staff members, all men with a good deal of experience. Some of them have taken the course at Yale, and others in different districts.

We do not give an alcoholic a great deal of medication. We believe that in the first three days he needs medication. From there on it is purely and simply giving the man the help that he needs under the doctor's care. This includes vitamins and so on, but no medication otherwise. It is difficult enough to get a man away from his alcohol crutch, without leading him to depend on more medication.

The men who come to us are broken down. They come from the rooming houses or cheap hotels; from trestles or bridges or viaducts; from box cars; they are half dead from sleeping in the open, in the parks. They may have been in hospitals. They have been through the jails. They've been through other clinics and have come to the very last step in their existence — a place we call skid-row.

We have referral systems from the different communities in Ontario. We have a great many social workers who are sending their people to us. We have doctors who are interested in our approach. They feel that since a man has gotten down this far he needs our approach. The physical alone hasn't helped him; nor has psychiatry. He needs to be touched by the spiritual approach.

## A CASE

We had a man who was thrown out of the courts in Toronto. He was the type of person that the Toronto Courts absolutely didn't want. This man came to the clinic. He was helped and went back to his home town of Pembroke. Since then he has sent us five other men from that town. This indicates that personal example is the greatest of all help.

During the past eight years 30% of the men who have come to us have been successful. We say that a man is successful only when he has given us the assurance of a year's abstinence. Also, he must have assimilated himself into the community, doing something and working. Then we credit him with being restored or rehabilitated.

## THE SPIRITUAL APPROACH

The alcoholic is much the same through the country. If we give him understanding in treatment, if we can convey to him that we care for him, that he is accepted, that he belongs, we have won a great deal of his confidence. Once we have done this we can work with him. We can help him to come to know God. As he gains faith in God, his problems become solvable.

Now this possibly could be put under the heading of love. Love is a very wonderful word and it covers many activities. I would say that in working with the alcoholic, in particular, to love him you will give him back his human dignity. You will not berate him. You will seek to understand his problem as one human being talking to another. At the Harbor Light we are trying this concept of how to help the alcoholic. This is what we mean by our spiritual approach.

---

It was certainly the most fruitful week I have ever spent at a conference—type study. I did not realize there was so much to be included in the problem of alcohol. The A. A. meeting and trip to Mimco were most beneficial. Although, if possible in the future, we might gain more from Mimico if we could talk to some of the patients. Also, if there were less formal lectures and more workshops or discussion groups, it might be helpful, because even the best listeners can become tired. It was truly a wonderful Christian experience.

Frances Nicholson  
Mary Washington College

# **"The Yale School"**

## **Has Become**

### **The Rutgers School of Alcohol Studies**

**T**HE YALE SCHOOL of Alcohol Studies, held first in 1943 and annually since on the campus of Yale University, has now become The Rutgers Summer School of Alcohol Studies. The first session in the new location at Rutgers University, is July 1 to July 26, 1962.

On October 15, 1961, the Center of Alcohol Studies, which sponsors the Summer School, became a department of Rutgers, the State University of New Jersey at New Brunswick. During the months since the research laboratory, the library, archives, equipment and most of the personnel have been gradually moved to the Douglas Campus at Rutgers, as the whole project is now an integral part of Rutgers, a closer relationship to the university than it had at Yale.

With the transfer have gone the directors, research specialists, editors, and publications, including the Quarterly Journal of Studies on Alcohol. Dr. Selden D. Bacon continues as Director of the Center, Mark Keller as Associate and Editor, and Esther W. Henderson as Registrar of the Summer School.

During the years that the Center and the School have been at Yale, there has been one development that stands out, among many others, for mention here (Dr. Bacon, **The Alumni News**, March 1962)

"... that neither all the problems of alcohol nor, in fact, any single **one** of the problems, can be susceptible to adequate understanding, to say nothing of rational control, by any **one** intellectual discipline or by any **one** social action technique. Neither biologists, nor lawyers nor psychiatrists, nor policemen, nor sociologists, nor physicians, nor teachers, nor ministers, nor any such category, nor any one science, ethic, art, or technique has or can have the answer! And there is an



equally strong belief that most of these disciplines, professions, and categories can make significant contributions; clearly, many of them have already done so.

"The Center is not **the** or a Center of Alcohol Problems, but has been and will continue to be a Center of Alcohol **Studies**. This is to underscore the major purposes of the Center which has been and will continue to be research and communication . . . Groups concerned with objective research are neither better nor worse than action groups; they are different. They hope in the long run that their results will make action more economic, more effective, more rational, more predictable. But without action groups, of course, no action will occur . . .

"The Center is primarily a research and educational organization. It plans so to continue and this is the wish of the University."

## INDEX

### Volume 59: September 1961 - April 1962

Airplane Nuisance, The, Cullom Claxton, pilot .....	29
Alcoholics Anonymous—A Way of Life, Sue Ann Smith .....	13
Alcohol Vs. Alcoholics Anonymous, Max W. Chestnut .....	50
Alkire, R. David, The 1962 School of Alcohol Studies .....	73
Arrest by Concern, Kenneth L. Wise .....	20
British Scientist Discusses Road Traffic Danger, C. G. Drew .....	87
California Council on Alcohol Problems says: "This We Can Know" .....	27
Campus Scene, The, Lawrence Riggs .....	35
Centering Attention on Sources, Harry S. Warner .....	89
Chestnut, Max W., Alcohol vs. Alcoholics Anonymous .....	50
Claxton, Cullom, pilot, The Airplane Nuisance .....	29
Culturally Conditioned Attitudes Toward Beverage Alcohol, Albion Roy Ling .....	67
Chance to Live, A., Connie Christensen .....	43
Christensen, Connie, A Chance to Live .....	43

College Drinking Regulations, Albion Roy King .....	85
Davis, Beth, "McMaster" as We Found It, .....	49
Drew, C. G., British Scientist Discusses Road Danger Points .....	87
Effects of Alcohol Center in the Brain, Yale School of Alcohol Studies .....	30
Fellowship of A.A. at a State Prison .....	85
Finney, Alexander, Just for Today .....	41
Hamilton, Margaret Joan, A Survey of Alcoholics Anonymous .....	17
Herion, Elizabeth, Road Back to Humanity, .....	11
Here is What Joe Did, Stevens .....	69
Intercollegiate School of 1961 .....	7
Intercollegiate School of 1962, R. Dave Alkire .....	73
It's Our Problem, Henry Meadows .....	75
Just for Today, Alexander M. Finney .....	41
King, Albion R., College Drinking Regulations .....	83
King, Albion R., Culturally Conditioned Attitudes .....	67
Maddox, George L., Teenage Drinking and Social Change .....	70
"McMaster" As We Found It, Beth Davis, .....	48
Meadows, Henry, It's Our Problem .....	75
Mental Health Approach, John J. Pascuitti .....	3
Mink, Joshua, Saving Where Others Pass By .....	90
On the Matter of Drinking, James P. Orwig .....	28
Orwig, James P., On the Matter of Drinking .....	28
Pascuitti, John J., A Mental Health Approach in Alcohol Education .....	3
Riggs, Lawrence, The Campus Scene .....	35
Road Back to Humanity, Elizabeth Herion .....	11
Roberts Editorial Award of 1961 .....	8
Rutgers School of Alcohol Studies Succeeds The Yale School .....	93
Seeking Where Others Pass by, Joshua Monk .....	90
Silent Enemy, The, Zita Eloise Wald, .....	46
Survey of Alcoholics Anonymous, Margaret Joan Hamilton, .....	17
Smith, Sue Ann, Alcoholics Anonymous—A Way of Life .....	13
This We Can Know, California Council on Alcohol Problems .....	27
Teenage Drinking and Social Change, George L. Maddox .....	70
Wald, Zite Eloise, The Silent Enemy .....	46
Warner, Harry S., Centering Attention on the Sources .....	89
Way of Life, A—Alcoholics Anonymous .....	13
Wise, Kenneth L., Arrest by Concern .....	20
Yale Summer School, Effects of Alcohol Center in the Brain .....	30
Yale School, The, has become The Rutgers School of Alcohol Studies .....	93

# INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

**McMASTER UNIVERSITY,  
HAMILTON, ONTARIO, CANADA**

The School offers college students, their leaders and counselors, and young adults with college interests, AN OPPORTUNITY to —

- Gain a basic understanding of the problem —and problems—related to alcoholic drink in modern living.
- Recognize objective study as fundamental in study and discussion of these problems.
- Work out together bases for intelligent personal and social decisions.
- Develop thinking toward constructive action and service,

**August 25 through 30, 1962**

The Intercollegiate Association for Study of  
The Alcohol Problem  
For Program and Enrollment  
write the Columbus office

John A. Linton  
Vice President  
11 Prince Arthur Ave.,  
Toronto 5, Ontario

Harry S. Warner  
General Secretary  
12 N. Third St.,  
Columbus 15, Ohio

2 IS35Z 2A-1S  
PACIF.SCH.OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

September,  
1962

## *Journal of Alcohol Studies*

### *In This Number*

- Seeking Objective Study and Service ..... 2
- "My Kingdom for a Haircut" ..... 3
- College Students Write on  
"College Drinking Rules: Are  
They Accomplishing Their Purpose?" .... 6-30
- The Roberts Editorial Awards of 1962 ..... 16
- Seeking Cooperation in Active Service ..... 27

University of Dayton, Ohio  
Sherman Hall of Science (see page 9)



v. 60  
1962/63

76412

V. G. L.  
1962/63

# THE INTERNATIONAL STUDENT

BROOK LIBRARY  
PACIFIC SCHOOL  
OF RELIGION

EDITED FOR THOSE WHO THINK—or  
*Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

September, 1962

Vol. 60 No. 1

## TO CONTINUE AND ENLARGE OBJECTIVE STUDY—AND SERVICE

THERE ARE two main purposes underlying the work of the Intercollegiate Association that should have constant emphasis and revised statement from time to time:

- To encourage objective scientific and non-propagandist — yet realistic — study and full, free and all-round discussion of the problems of alcoholism and alcoholic drink in human living, and —
- To encourage and help to equip the coming leaders of culture and public opinion to give intelligent and devoted service and leadership toward reducing drunkenness and its sources and consequence as found today.

In preparation for enlarging our programs to these ends and reducing overhead costs, particularly rent, and to obtain close access to the growing Cherrington Library — there is no other in America equal to it in historical material relating to attempts to solve the Alcohol Problem — The Intercollegiate Association is moving its headquarters to Westerville, Ohio, 110 South State St., as of October 1, 1962.

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
After Oct. 1, 110 South State St., Westerville, Ohio.

# My Kingdom For A Haircut

By Ralph Chlebnikow

Academy of Certified  
Social Workers

New York, N. Y.

**"MY KINGDOM FOR A HORSE!"** But a modern version could be, "My kingdom for a hair-cut and a shave!"

As a former social caseworker at a prominent New York City hospital, it was my task to attempt to understand the life, the fears, and the everyday details of my disturbed patients. Books and lectures told me very little.

The educator, John Dewey, said: "You learn by doing." It thus became apparent that I would have to share the experiences of my maladjusted charges.

"Give me fifty cents for a hair-cut and a shave," said a smiling Bowery alcoholic one morning in my office. Being new in my work with alcoholics, I said to myself, this is a good sign, the patient is showing interest in himself. But the smile was a smirk. I learned later that the fifty cents never went for a hair-cut and a shave. It went to the local bartender. ("Sneaky Pete," a cheap wine, may be purchased for thirty-five cents a pint. It lasts the whole day.)

Not every alcoholic who asks money for a hair-cut spends it for "Sneaky Pete". What about the one who is sincere? This bothered me as I am a god with clay feet and have no way of testing the sincerity of the request. Stereotyped thinking that every request is for liquor may be very dangerous in my profession. A social caseworker cannot afford the luxury of damaging a client even if only one in a hundred is serious. I immediately began to explore the community to find where my patient could get a hair-cut and a

---

Ralph M. Chlebnikow, with the Bellevue Social Service in New York is on leave to write, travel and bring to the public the results of his realistic experience. His advanced study has been at Fordham School of Social Service and Columbia University.



shave free of charge. This took me several months and did away with the risk of giving money which could be used in a harmful manner, and it served as a test.

"Well, I'll level with you, you square," said a young Sneaky Peter. "You can get it in a barber school for nothing."

Two barber schools were within walking distance of the hospital. Truth is found in the strangest places.

How does it feel to go to a barber school and have a free hair-cut and shave? This idea intrigued me. How fascinating would such an experience be! I could see my patients and study them. A hair-cut and a shave would be the door to their world!

"Do you want a hair-cut HERE?" asked the bewildered manager. This time the smile was on my face, and I answered, "Yes!" I will never forget his surprise.

As I took a seat to wait my turn, I saw many Bowery inhabitants. The gentleman beside me looked as if he had not changed his clothes for a month, and an odor convinced me that he had not taken a bath for the same period. Could a hair-cut and shave improve his appearance? Why was he willing to wait so long for a hair-cut, when he would not take five minutes for a bath or wash his clothes? This thought kept going over and over in my mind.

Suddenly, a startled voice said, "Mister C., what are you doing here?" Looking up I saw one of my steady patients. He, too, was willing to wait forty or fifty minutes for his turn. Furthermore, he had walked over three miles to the barber school on a cold winter morning. Yet, if you suggested that he worked, he would look as if you had insulted him. Sitting there in this world of lost souls, I had to find the answer: what made these men come to the barber school? The only reason I could give my patient for my being there was for a hair-cut and shave. I did not feel that my patient accepted my answer completely, for he looked at me in amazement. He told me that the guy next to me should be given the "shovel" since he was out of this world, anyway, and should be buried.

"See that guy coming through the door? He is a 'hippy'." I knew by this time that this meant a drug addict. Then I was informed that the man being shaved was in my patient's "club"; he belongs to a small group of men who take an oath, which is as serious to them as the Hippocratic oath taken by doctors. The oath states that if any member of the group gets money, he will give it to their leader who in turn will buy bottles of "Sneaky Pete". All the men would then share the cheap wine. Should any member be caught not sharing his panhandled money he would be thrown out of the group and perhaps be given a beating. Such an act by any member of the group will bring on the worst disgrace imaginable. He will no longer be accepted in his world.

I soon learned that the man sitting in the corner was a "Ghandi dancer." A person who rides the freight cars from one end of the country to the other.

"I think I'll take a 'nose dive' tonight," said my star patient. "There is a new square at the Mission." This meant that he would get down on his hands and knees in a Bowery mission and tell the preacher that he has been saved. For his performance (I may add that John Barrymore never gave a better performance) my patient would receive a substantial hot meal and good clean lodging for the night.

Since I was only having a hair-cut and my patient was having a hair-cut and shave his turn came first, as the student barber, who was free at the moment, needed practice in shaving. Needless to say, although I needed a shave I was too frightened to have a student practice on me with a sharp razor. I could picture myself on the guillotine.

My eyes followed my patient as he slowly walked up to the barber's chair. He paused in front of it, looked from one end of the room to the other, his head up, his shoulders straight. He then graciously sat down, hesitating for a moment as if he wanted to draw out the whole procedure.

Finally seated, he waited for the next part of the ritual. He was given the usual white cloak, so clean and fresh. He looked pleased!

I will never know, perhaps it was the way he walked to the barber's chair, or the moment of hesitancy before being seated, or his glancing from one end of the room to the other, or perhaps it was the inner glow that I saw in his eyes. But at last I found the answer:

Where else could he have a throne and a kingdom to reign over for a hair-cut and a shave?

---

## Colleges Attempt To Regulate Drinking

By Carolyn Ann Wiley, '65

Excerpt from  
A Third Honors Award

University of Chattanooga  
Chattanooga, Tenn.

**C**OLLEGE RULES AGAINST the use of alcohol exert very little influence. Students who usually show leadership characteristics in other relationships do not seem to be concerned by violations of a drinking regulation. Most of them admit that they think the rule is a good one, but they show no regard for it, if for personal reasons they choose not to follow it. These students feel that the decision of whether or not to use alcohol is one they should be able to make for themselves, and that it is an entirely individual problem.

Some students feel that college administrations are trying to be "moralistic" by legislating morals through the enforcement of drinking regulations. Morals are personal beliefs and attitudes which cannot be dictated. It is the responsibility of parents to establish high morals in their children, and a college restriction which forbids drinking is not always in keeping with rules which parents have made. The feeling among the majority of college students then is one of almost complete disrespect and indifference toward drinking regulations.

# College Drinking Rules: Part Of Our Education

By Thomas S. Geis, '63

Third Honors  
Award

University of Dayton,  
Dayton, Ohio

**N**EARLY ALL COLLEGES and universities have regulations of various kinds concerning the use of alcoholic beverages. The first reaction of students to these rules is usually a mixture of anger and indignation. They feel that the administration is interfering with their personal lives, and doesn't consider them mature enough to regulate themselves with regard to drinking.

Confronted with such rules, students may; 1) read them, try to understand their purpose, and abide by them; or 2) hide behind the rationalization that "freedom breeds maturity," ignore the rules, and drink as they please.

Unfortunately, the second choice seems to be most often followed by the majority of college students. A research survey which attempted to discover the general attitudes of students towards college drinking rules was conducted by the author of this paper from November, 1961, through February, 1962. A questionnaire was sent to the senior class president of 45 colleges and universities throughout the United States. Of the 39 students who responded, 18 wished to see their rules made less strict, while 21 indicated that the present rules should not be changed. Although the majority seems to favor the **status quo**, most of the respondents said that students generally drank despite rules to the contrary. As one student wrote, "It is easier to ignore rules which are not enforced than to try to have them changed."

My survey indicates that, on the whole, students are dissatisfied with present drinking rules at most schools, and that consequently, these rules are not accomplishing their intended objectives.

The college drinking rule controversy seems to center around two questions: 1) Are such rules intended merely to regulate student behavior and prevent possible disciplinary problems; or 2) do they have a higher purpose, namely, to teach students something which will benefit them later in life?

That social drinking has become a symbol of adulthood in modern American society cannot be denied, and in many social circles one must drink in order to be socially accepted. Surrounded by such an environment, it is no wonder that college students, anxious to prove that they are no longer adolescents, regard the unrestricted use of alcohol as a privilege to which they, as adults, have every right. Consequently, most students perceive only the preventive aspects of drinking rules, and fail to look for the deeper motives which bring such rules into existence.

On the other hand, college officials know from long experience that average college students are not really mature, but are still maturing. Old enough to appreciate the status appeal of social drinking, they are still too young to refrain from behavior which, while pleasant enough at the time, often results in injury to themselves and others. Drinking rules thus attempt to ward off the harmful effects of rash judgment and impetuous behavior which are common among younger people. These rules also serve to teach students to accept a cardinal requirement of social life, namely, the submission to proper rules of conduct, and the placing of the common good above personal desires or pleasures.

Some confusion over the usefulness of college drinking rules may be due to a lack of **rapport** between college administrations and their student bodies. Several of the respondents in my survey pointed out that their school officials fail to enforce their own rules. At one large midwestern university drinking is strictly prohibited. But some of the faculty members do not approve of this policy, and the students always ask these people to be chaperones at the school's social functions. At this school rule violation is a matter of

course. From another college a student wrote, "It is better to have no rules at all than to make rules which are not enforced."

I believe that this lack of consistency on the part of some school administrations is significant in that rule enforcement usually results in rule obedience. The administration which does not enforce its own policy in effect admits that it is unable to cope with the situation.

Admittedly, the problem of college drinking is complex and difficult to solve, but I feel that more could be done by both students and administrators.

With the number of alcoholics, heavy and excessive drinkers growing at such an alarming rate, and with more of our younger people seeking a method of escape from daily tensions and stress, the gravity of the drinking situation increases every year. The sooner something more constructive is done, the smaller will be the number of potential alcoholics among college men and women.

---

## Rules And The Student

By Joyce Kouba, '62

An Excerpt  
A Finalist

Wittenberg University  
Springfield, Ohio

**F**IRST, LET US CONSIDER the immediate purpose of drinking rules. Every college has a certain number of regulations which restrict the student's use of alcoholic beverages. Infractions of these rules are usually handled by the student court or the student senate or, if the offense is very serious, by the administration. Violators, assuredly, receive a fair punishment, and the administration thereby retains its authority over the campus. In most of these cases, the enforcement of college rules are accomplishing their purpose—to keep the reputation of the college on a high level in the eyes of the public. The immediate purpose of these rules, the maintenance of college standards, is thus being fulfilled.



# Colleges Are No Exception

By Jonna Meyer, '63

First Honors  
Award

College of St. Mary of  
the Springs, Columbus, Ohio

**E**ACH YEAR NEW RULES are drawn up by numerous college administrations and faculties in an effort to control the college drinking problem. It is not too difficult for the person of average intelligence to see why these rules are necessary. First of all, many states have laws that forbid minors the use of alcohol. Many college students are under these laws for at least the first two years of college. Secondly, safety on campus is endangered by drinking. Thirdly, most colleges do not want an environment which is brought about by drink to go down in history as part of their reputation. Fourthly, personality problems often are the result of drink. This is contrary to one of the aims of higher education, that of developing wholesome personalities and leaders of the future. In spite of the concentrated efforts of those in authority, statistics show that each year the college drinking problem increases. If rules are enforced successfully, it would seem that the problem would be taking an opposite course. Why does it not do so?

Ignorance on the part of students as to the real purpose of drinking rules seems to be a possible reason. When one Dean of Students gave a lecture on this very topic recently, the reaction of the assembled group was almost incredible. "Students treated the discussion as though it were brand new, 'an eye opener', and 'refreshing' because it was 'practical and down to earth'. They came near to applauding our stand on the issue."

A second reason for the evident ineffectiveness of drinking rules might be the following. College students are very often under a great amount of pressure due to exams, mak-

ing the dean's list, popularity races, etc. At times this pressure may lead them to seek some sort of escape:

"... intoxicating beverages furnish the easiest and cheapest means ever discovered for escape from reality into the lighter and freer world of one's own fancies. It is a prevalent characteristic of the human mind to compensate for the failures and disappointments, the misery and hardship, the tedium and monotony, the difficult task or the unpleasant duty, by escape into a dream world of fancy where all desires may be imaginatively realized.<sup>1</sup>"

A third possible reason might be that there are too many rules regarding the use of alcohol. A top all-around student has no need of a great number of rules, since he possesses sufficient knowledge and will power to act in accord with reason, regardless of the existence of rules or not. On the other hand, a problem student will probably disregard the rules, whether there are two or twenty; he is in need of individual help and guidance, and universal rules are not his answer. Furthermore, there are hundreds of ways to bypass rules and escape punishment; the problem student will find these ways. Even the student who is at least semiconscious of rules, finds it difficult to remember a great number of them.

If the college drinking rules are not accomplishing the task of lessening the drinking problem, what will?

The first reason which I listed above, namely, ignorance of the reasons behind the rules, could be altered without much difficulty. Editorials in school papers, or formal statements of administrations' motives behind the drinking rules in the college catalogues or rule books, could be published. During freshman orientation week, an explanation could be given, and later in the year a lecture or discussion at one of the student assemblies could be held. All this might influence students to follow the rules, perhaps even willingly.

---

<sup>1</sup>Albion Roy King, "Basic Information on Alcohol."

The second reason stated above, pressure on students, presents a more difficult situation. There is an old saying, "If you can't change a situation, change your mental attitude toward it". This might be a solution here. As far as the student is concerned, perhaps exam grades, dean's list, and personal popularity, should be taken a little less seriously, and more emphasis put on the acquisition of knowledge for its own sake rather than for the sake of a point average. Parents could change their attitudes also. They could accept their children for what they are, and not demand the physically or mentally impossible. If these attitudes were taken, students would have less reason to escape life through misuse of alcohol, and college drinking rules would be less often violated.

The third reason, the number of drinking rules, can be remedied principally by those in authority. An examination of present drinking rules to see if they really make sense, and to see if any are superfluous or repetitious, would certainly help matters. Representatives from the student body, including an equal number of drinkers and non-drinkers, could help with such an investigation. The rules would then probably be more respected by the general student body.

Since the college drinking problem seems to be increasing rather than decreasing, the college drinking rules must not be accomplishing their purpose. Three possible reasons and solutions thereof have been given in this article. College drinking rules should not be discarded, but improved upon, and combined with other projects. Only then will their purpose be achieved.

*"In recent times, almost every racial or nationality group throughout the world has a 'drink problem', age-old recognized, confused, controverted." Colleges are no exception. (Harry S. Warner, "The Liquor Cult and Its Culture").*

# The Rubber Bars

By Louis I. Richards, '64

An Excerpt  
A Finalist

Grambling College  
Grambling, La.

**"STUDENTS FOUND** drinking on campus or in possession of alcoholic drinks will be suspended for one semester." What college student would dare risk the interruption of his education merely to drink? Yet students are drinking in spite of the consequence that this rule foretells. This fact is substantiated by the tub of beer and wine bottles collected after a dance held at the school which boasts the above rule. Had the students dared to drink?

"This was not an isolated incident that took place on an isolated campus. This disregard for the rules is universal on our campuses, particularly the larger more 'sophisticated' ones." In an article on the problem of drinking in college, King said, "In the larger universities and in most metropolitan schools, these rules against drinking are a dead letter."

The rules which the college have on drinking accomplish nothing. The administrators do not enforce them, and the students do not obey them. The rules are merely rubber bars that the administrators have camouflaged to resemble iron, but the camouflage has no value, for the students have tried the bars and know full well that they are flexible. Some administrators say that they relax the rules only for "special occasions." This is merely one of the flexible points of the flexible rules! One cannot be so inconsistent as to forbid a student to drink for the majority of the year, and then allow him to drink on homecoming, at the senior dance or some other "special occasion." The rules should **never** be relaxed! Shelby G. Clark, in an article in the **Personnel and Guidance Journal**, substantiates this fact: "No other single factor has a more deleterious effect upon good discipline than inconsistent policies and procedures."

# College Vs. Alcohol

By Sandy Dean, '63

Second Honors Award  
An Excerpt

Louisiana Polytechnic Institute  
Ruston, La.

**T**HE AMOUNT OF DRINKING in various universities seems to be dependent on two factors: the traditional attitude of the students at the institutions in question and the ease or difficulty of obtaining liquor. The social life on many campuses is influenced by an overdependence on false or temporary stimulation from alcoholic beverages. . . .

To college administrative officials and faculty members, "responsibility" seems to be the key word in the relationship to students and their problems.. To what extent should students be given responsibility in solving the problems which are caused by others? To what degree can the college be democratic? One dean commented:

I don't believe in students having too much responsibility in setting the standards or policies of a place of higher learning. The student pays to learn what we, as specialists, have to offer him. I propose that we use our decision-making processes as teaching tools, allowing students to observe, question, and criticize, but not to exert direct control.

Those who hold this view look upon the college as the source rather than the state of actual experience. A president expressed it this way:

"Students should be encouraged to provide information, opinions, reactions, and wide suggestions. But I should not suppose them to be the chief source of values the university wishes to live by. Otherwise we repudiate our own leadership, our experience, and the efficacy of the education which we proudly acclaim."

Colleges are faced with two possible courses of action: (1) an outright ban on campus drinking, which might serve only to create a more difficult problem of control; or (2)

the stimulation of greater student awareness about the problem and of responsibility for self and group control. If the college can solve these problems then obviously it will contribute to the student's ability to live constructively in a society which is increasingly dependent on alcohol in its social life.

---

## Drinking Dilemma

By Janet Gardner, '62

Excerpt from a Finalist

University of Utah  
Salt Lake City, Utah

**T**HE UNIVERSITY of Utah, like many other colleges, prohibits the use of liquor in any of its housing establishments. The students know that this rule is not enforced, and so many of them don't hesitate to break it. One student expressed a general consensus of opinion when he said, "I drink in my own home. I pay good money to live on campus, and I'm twenty-one—I think I'm entitled to drink in my room at school if I want to."

Another student commented, "Every housing unit on campus breaks the drinking rules occasionally. Lots of them do it quite regularly. What's more, everyone knows they're not fooling the officials, they just know that it's a pretty lax rule. In other words, we may as well drink in our campus homes, because no one is going to report us and, even if they do, I doubt that we'd be punished."

College administrators should not be given the full blame for the drinking rules that plague the students. The school authorities are usually very concerned but quite uncertain as to the drinking policies they should adopt. They realize that strict regulations against drinking tend to cause resentment and often violent reaction among the student body. On the other hand, liberal policies cause adverse feelings in the surrounding community. The University of Utah copes with these two problems by formalizing a policy and then neglecting to enforce it.





Jonna Meyer '63  
College of St. Mary  
Columbus, O.

**First  
\$200**



Sandy Dean '63  
La. Polytech. Institute  
Ruston, La.

**Second  
\$100**

## Roberts Editorial

**Theme: "College  
Are They Accomplish"**

### Fourth Honors Awards

- Judith Holtz, '62, Wartburg College, Waverly, Iowa.  
Patricia Wootan, '64, College of St. Mary of the Spring,  
Columbus, Ohio  
F. Scott Markham, '63, Louisiana Polytechnic Institute,  
Ruston, La.  
Lorraine Olshesky, '65, Central State College, New Britain,  
Conn.

### Additional Finalists

- Joyce Kouba '62, Wittenburg University, Springfield, Ohio  
Nancy L. Layton '63, Drexel Institute, Philadelphia, Pa.  
Mary L. Bowman, '64, Grambling College, Grambling, La.  
Donald D. Crawford, '65, Nebr. Wesleyan Univ., Lincoln,  
Nebraska.  
Harold F. Jones, '63, Central State College, New Britain,  
Conn.



**Third  
\$50**

Thomas S. Geis '63  
Univ. of Dayton  
Dayton, Ohio



**Third  
\$50**

Carolyn Ann Wiley '63  
Univ. of Chattanooga  
Chattanooga, Tenn.

## Writers of 1962

### Drinking Rules: g Their Purpose?"

Charlotte Garff, '64, University of Utah, Salt Lake City  
Susan H. Bartlett, '62, Hartwick College, Oneonta, New York  
Diane Ash Abdulla, '62, West Virginia University, Morgantown

Roger D. Bennett, '63, Nebr. Wesleyan Univ., Lincoln, Nebr.  
Jerry H. Presley, '63, Evansville College, Evansville, Ind.  
Thomas E. Lee, '62, East. Oklahoma A and M College, Wilburton, Oklahoma

Jimmie H. Keel, Central State College, Wilberforce, Ohio  
Harry Brookshire, '65, Mars Hill College, Mars Hill, N.C.

### Judges

Dr. Virgil G. Hinshaw, Jr., Professor of Philosophy, Ohio State University and Secretaries of the Intercollegiate Association.

# College Drinking Rules

By Jerry H. Parsley, '63

An Excerpt  
from a Finalist

Evansville College,  
Evansville, Ind.

**T**HERE ARE TWO BASIC reasons for having drinking rules: the first is an interest in the welfare of the student body, the second is a desire to maintain good reputation for the college.

Interest in student welfare is shown by drinking rules, for they are designed to prevent or discourage students from beginning or continuing what has become a serious social problem. That alcohol and its accompanying disease, alcoholism, are a serious problem is evidenced daily by the increasing number of accidents and hospital commitments directly attributed to them. That college students are exempt cannot be reasonably asserted. The drinking rules, therefore, serve to safeguard the safety and health of the student body. Not only does alcohol affect the lives of those who drink it, it affects others as well. This is illustrated by the person who, having consumed enough alcohol to dull his judgment and slow his reaction time, has a traffic accident and injures or kills another.

College drinking rules serve, then, to protect the welfare of those who do not drink. Further, in many areas most college students are under legal age to purchase or drink alcohol, and the college drinking rules reinforce the laws. The college, whether financed by the public or private means, is held responsible by those backing it for the activities of the students. These activities can either add to or detract from the reputation of the college. If the college permits the use of liquor, its reputation suffers thereby; for the effects which alcohol has on behavior, conscience, and freedom of choice can in no way enhance student activities. The college must maintain a good reputation for continued financial support. It must also insure the perpetuation of the student body. Since

this is mainly accomplished by parents' sending students, the college must maintain a wholesome social atmosphere, one which is conducive to study and offers certain reasonable safeguards and protection. The use of alcohol detracts from such an atmosphere.

Psychologists have summarized the effects that even a relatively small amount of alcohol has. An hour after drinking six ounces, "Visual reactions are slowed to one-third. Memorizing poetry takes twice as long as when one is sober . . . Ability to do mathematical problems decreases 13 percent. There is 67 percent increase in errors of reasoning". These effects on the ability to concentrate, reason, and remember greatly hinder scholarship.

---

## Defacto Behavior At Off-Campus College Functions

By Graham Clark, '64

Excerpt from a Finalist

Central Connecticut State  
College, New Britain, Conn.

**A**T AN ANNUAL department banquet the head of the department and other professors were served cocktails. Many students followed suit, but not those under 21 years of age. Connecticut state law was observed. On a club field trip lasting several days students had a beach party one evening at which they drank beer. The next morning after being told what had happened, the professor chaperoning the trip said that had he known about it he would have joined them. At the close of a recent intercollegiate conference, to which this college sent delegates, a reception was held for student leaders at which cocktails were served. Another club, because it is engaged in intercollegiate competition, quite often travels, at which time, according to the professor in charge, students have drinks with their evening meals, but always in moderation due to the fact that they must engage in competition the next morning. Among other professors

interviewed, there seemed to be a widespread agreement that the drinking rules were not followed on off-campus club trips. Two notable exceptions should be mentioned, however. At a recent leadership conference, held under the auspices of the YM-YWCA, there was no drinking. The Athletic Department let it be known in no uncertain terms that there was absolutely no drinking when the varsity team traveled.

---

## Without Strict Enforcement Drinking Rules Are Useless

By Susan H. Bartlett, '62

A Finalist

Hartwick College,  
Oneonta, N. Y.

**T**HIS AUTHOR FEELS that colleges should take a more realistic attitude toward drinking by either loosening their regulations or strictly enforcing their state's rules.

Perhaps the drinking rules at Hartwick College, where the author is a student, will serve to illustrate the policy of many schools. They are similar to two other institutions the author is familiar with, Ohio Wesleyan University (student for two years) and Ohio State University.

Hartwick College's drinking regulations:

"No alcoholic beverages may be brought into or kept in any place of College residence, including sorority and fraternity houses. Infraction of this rule will result in disciplinary measures."

"Any student showing evidence of intoxication is subject to suspension or dismissal from the college."

"Alcoholic beverages are prohibited at all functions of any Hartwick College organization or groups."

First, let us examine these rules. "No alcoholic beverages may be brought into or kept in any place of college residence, including sorority and fraternity houses." Literally interpreted this rule merely states that there are to be no alcoholic beverages in college residences, and, therefore, no consump-

tion of them in said places. The implied meaning is that students are encouraged not to drink, but not expressly forbidden to drink. Therefore, if students choose to drink, it must be at public or private places. Both Ohio State and Ohio Wesleyan subscribe to similar regulations. At all three institutions the rule was obeyed for the most part primarily because of the stiff penalties attached to its infringement. A Greek group at Ohio State could lose their right to maintain a chapter at the University if they did use alcohol in their houses. However, this rule was not obeyed in a few cases. The author was present at a party held during a vacation period at a fraternity house where beer was served. It would appear that the fraternity either did not respect the regulation or were reasonably certain their disobedience would not be discovered. Although recognizing the validity and benefits of such regulations, the author wonders if they did not encourage students to break them by their strictness or encourage drunkenness at public places. Perhaps if the schools in question assumed a more realistic view toward drinking fewer infringements would occur. "Forbidden fruit is often the sweetest."

Perhaps the schools in question might better achieve their aims of preventing widespread drunkenness and its consequences by pursuing the policy of the University of Rochester. This institution allows its fraternal and independent groups to have open bars in their houses on specific weekends. Thus, students do not rebel against drinking regulations to the large extent they do in institutions either absolutely forbidding drinking or those which do not allow alcohol in college residences. Therefore, fewer Rochester students appear intoxicated on the streets of Rochester, attempt to drive, or frequent establishments serving alcoholic beverages. The forbidding of alcohol in college residences does not stop students from drinking and most certainly leads to visible drunkenness within the confines of the city or town housing the college or university. Therefore, if a college wishes to prevent drinking among its students it must



demand a written pledge of abstinence from them upon entrance into the school and be prepared to police their students at all times to insure the fulfillment of the regulation. On the other hand, if a college wishes to keep drinking to a minimum it seems wiser to loosen their regulations as the University of Rochester has done.

---

## The Waste Of Empty Rules

By Judith Holtz, '62

Wartburg College  
Waverly, Iowa

A Finalist

**"S**URE, I DRINK. WHO DOESN'T? Rules? Ha! Rules, rules, rules! They just make 'em to be broken. If there weren't any rules, there wouldn't be so much trouble."

Or would there be, Joe? Because young adults in their early twenties are more apt to drink than in any other age group, over seventy-five percent of all college men and a growing number of women drink, most of them having started before college years. Almost one out of every twelve of these is destined to become an alcoholic, and alcoholism is the fourth major health problem in the United States today. There's no problem, you say? Who's kidding whom?

What's usually done about drinking on the college level? Rules are set up, rules in black and white, rules either prohibiting alcoholic beverages on the college campus or attempting to prevent student contact with liquor by suspending violators. They are meaningless rules, scarcely enforceable rules, for alcohol is easily obtained in most areas.

Why, then, levy restrictions at all?

First, most college students are minors, and all but a few states make drinking by minors illegal.

Second, the reputation of the college is at stake. College problems are no different from those outside, but existing in the school environment, they often loom out of proportion.

Third, use of alcohol increases personality strife, hinders maturity of personality and affects one's freedom of choice, behavior and conscience.

Fourth, alcoholism as such is a moral problem, and college years are an excellent breeding ground in which drinking habits may be formed and developed.

Practically all colleges concern themselves with the drinking problem and rightfully so. However, the surface rules and restrictions most often set are only in rare instances effective, because they too often attempt to treat only results and fail to deal with the real causes of drinking. In any area of life we can prove that such surface rules fail. For example, we know we cannot merely punish a juvenile delinquent for his crimes; if treatment is to be effective, the underlying causes must also be sought out and deal with directly. This is not an easy task in any area, but it is an absolutely essential one in all.

If causes are so important, we must find, then, why students drink. Custom, gaiety, relief of fatigue and tension, escape, stimulation of creative thinking—logical or not, these are the basic reasons college students give for drinking, custom being most important. Students feel that they must go along with the crowd and make no attempt to resist, unmindful of possible lasting harm.

Present college rules are generally ineffective and superficial. They are not enforceable, and they neglect the real heart of the problem. (How many rules are set, I wonder, just to ease the consciences of college board members?) On the other hand, some rules are necessary. Drinking is a moral matter and therefore cannot be legislated; however, since individual drinking practices tend to affect other people and not just one alone, the college has a definite responsibility to curb these effects. The real question is how.

Perhaps better results could be achieved if students were graphically shown the real reasons for making rules of this nature. They should themselves be involved in a study of and direct concern for the drinking problem on their campus. Education, therefore, is essential. Counseling, respected lead-

ership, student-set rules, enforcement in part by students, real penalties for rules broken — these are essential factors. If there were an actual awareness of the problem among students and an acute perception of its seriousness, much more could be accomplished than is accomplished at present.

Groups must also recognize why present rules have failed. For example, common controls and teachings often are met with resistance and appear to stimulate that which they are intended to suppress, chiefly because of failure of the regulating body to recognize the prevailing social basis for drinking. The complex problem cannot be met effectively with one set of superficial "thou shalt not" rules.

Colleges bear more responsibility than do other groups for the general behavior of their students, and administrators are often held responsible for the total behavior of all students at all times. Shall they censor, guide, or disregard the problem? Perhaps they should attempt to meet the issue on two major levels: those calling for direct limiting action and those educational in nature. In either case, an overall, well-developed, disciplined and relevant core of knowledge must be presented to students. Rules with no basis are useless; only rules with meaning can be effective.

---

### **A MEDICAL VIEWPOINT**

**Dr. L. L. Keyser, Director**

**Medical Health Center S.M.U., Dallas**

We do not worry primarily about alcohol's effect on the body, but on the mind. From the medical viewpoint:

(1) There is no such thing as alcoholic personality. That is, you cannot define on the basis of personality which person will become an alcoholic and which will not.

(2) Alcohol benefits no one medically nor scientifically. There is nothing which alcohol will do that cannot be done just as well or better by other medicines and without the side effects of alcohol.

(3) Alcohol is habit forming.

(4) Alcohol is not a stimulant, but a depressant.

(5) The alcoholic taste is not inherited; it is developed.

# Seeking Enlarged Cooperation In Active Service

## A Review

**T**HE MAIN IDEAS in a recent article by Dr. Albion Roy King in *The Christian Century*\* regarding efforts to find an approach to the problems of alcoholic drink today, on which moderationists and abstainers could unite, has particular significance in the college field as well as to all who are doing creative service—preventive, educational, rehabilitative, or propagandistic. Perhaps it calls for even more critical attention by students and instructors, because of the basic study or objective re-examination that should now be given the problem itself as well as to new proposals for dealing with it.

Writing to church people Dr. King says: "Some concerned persons feel that the drys and the moderationists should seek greater rapport, find ways of working together, and not merely contend with one another. For example, William Potoroka, executive secretary of the Manitoba Temperance Alliance, in an address before the Maritime Baptist convention, called for a united front in the campaign for sobriety between churchmen who take the total abstinence position and those who accept moderation tradition. His plea has met with varied response. The purpose of this article is to assess the requirements for attaining such a united front.

"The first datum to be recognized is the fact that 'the drys' no longer have a monopoly on concern about temperance. The dry movement is more than a century old and has made notable achievements in our culture in spite of the failure of prohibition. There has never been a genuine moderation movement, although one seems to be in the making

---

\**The Christian Century*, Chicago, Ill., March 9, 1961, "The Temperance Movement of Today".

at present. During the prohibition era a powerful organization known as the Moderation League had as its propaganda objective the repeal of prohibition; when the goal was accomplished the league folded."

Dr. King does not give the nature and scope of the new moderation movement, but calls attention to the report of the Joint Commission on Alcoholism of the Protestant Episcopal Church, titled **Alcohol, Alcoholism, and Social Drinking**, as an example of the kind of thinking which must be done in regard to the problems confronting a moderation culture. He says:

"So long as the moderation movement was an advertising device designed to sell more liquor, it could be bracketed with the enemy, but that cannot be done when it becomes thoughtful and sincere."

● The first need is semantic criticism and clarification of the philosophical and theological traditions which divide us. Most often disputed is the meaning of "temperance" itself. The word has been a problem for definition since the time of the Greek moralists. Its ambiguity today, if recognized and respected, may be a basis for the collaboration desired. So long as we glare at each other from behind semantic absolutes there is no ground for understanding. In the tradition which stems from the ethics of Aristotle and the theology of Augustine, temperance means "moderation in all things."

● Another definition is, "moderation in things beneficial, abstinence from things harmful". Actually the two definitions are not appreciably different, for when one gets into scholastic ethics he finds that the "all things" in the traditional definition has to be qualified with the adjective "beneficial." And the assertion that wine is "one of God's good creatures" — or the opposite, that "alcohol is of the devil" — is a value judgment which must rest on criticized human experience. Appeal to dogma or tradition settles nothing. All parties must recognize that the alcohol problem which confronts us today is radically different from that reflected in Hebrew or Greek literature and faced by St. Augustine. Our main effort

must be to see clearly the situation in American culture today.

● The modern temperance movement began as a moderation movement in the whisky-drinking culture of early 19th century America. It was a flat failure before the Civil War, and up to the time the movement became a total-abstinence pledge-singing campaign and a drive for prohibition. Most moderation sentiment is on the level of "I can take it or leave it." "I don't care what happens to Jones. If he drinks himself to death that takes him out of competition." Study of moderation cultures — such as the Jewish and the Italian — reveals that genuine moderation is based on a closely knit security within the social group and a set of powerful taboos and sanctions against excess. These are very hard to achieve in our society — for instance, in a college fraternity where there is glib talk about moderation and the supposed deviation of alcoholics while the objective of party drinking is to "get high."

● "While the moderation group must realize the enormity of the problem of keeping drinkers moderate, the dry contingent must give up the idea of a simple solution to the alcohol problem. I do not mean to imply that prohibition is wrong, nor do I anticipate agreement on the nature and extent of legal controls, but the simple notion that legal coercions can solve the problem is an illusion which continues to be divisive."

● There is also a theological question: Can man do anything about the human situation? A certain kind of current "orthodoxy" criticizes the social gospel and reaches for another beer. We must wait for God, it contends. This stance is little different from the secular determinism which says "you can't change human nature." "Men have always used alcohol and always will." "I am not my brother's keeper."

● The temperance movement probably cannot make common cause with theological or secular determinism. It was born in the utopian dreams of the 19th century after the Civil War and the abolition of slavery, and it was part and



parcel of the social gospel movement. No responsible movement of either the moderation or total abstinence variety can repudiate the social gospel. Accepting it implies acceptance of moral and social responsibility along with the faith that God works through the institutions of men.

"The temperance movement is often regarded as a failure, in view of the repeal of the prohibition amendment. But this judgment lacks discrimination. In the perspective of history it seems quite an achievement that nearly half the adult population in America does not partake of alcoholic beverages. . . . The people who sell intoxicating beverages pay the temperance movement a tribute by spending billion on Madison Avenue schemes in an effort to sway the non-imbibing half of the adult population.

"Another point of necessary discrimination is to distinguish between sincere moderation and the liquor industry's moderation talk, which is designed to sell more liquor to more people.

"The basis for all cooperation must be humility. . . . Within the temperance movement there is a self-righteousness which in part stems from adherence to an absolutist moral position and in part is a residue of the utopianism of the last century. But nothing can match the pride of moderate drinkers who are sure they can handle their liquor. It is seen particularly in the attitude they take toward the problem drinker and the cocksureness with which they assert that the alcoholic is some sort of abnormal person. In my opinion there is today much more understanding and concern for alcoholics among abstaining Christians than among the respectable denizens of cocktail bars.

"Both sides should realize that the alcohol problem confronts us today with one of the worst evils of our sensate culture. No form of human suffering is more tragic and none involves more people.

"But there are possibilities for cooperation without agreement. Many people today have a real hunger for frank

discussion of basic ethics and are not interested in loaded propaganda for a preconceived position."

Dr. King concludes by pointing out that "there are three areas of current interest and activity which call for all the understanding and collaboration we can muster; (1) support of the variety of programs of research and rehabilitation for alcoholics; (2) research and work for better highway safety where alcohol is involved, and (3) support of programs of objective education through the schools.

"These should be vital concerns of all groups."

---

# COMING IN NOVEMBER

## A SIXTY-TWO YEAR EVOLUTION IN UNDERSTANDING AND APPROACH TO THE ALCOHOL PROBLEM

A Series of Articles

By Harry S. Warner, L.H.D.

THE FIRST in a series of historical articles on the problems of beverage alcohol in the United States, and a story of the ways that have been experienced to deal with it, as seen by successive generations of those who participated in the movement at the college level — students and instructors — and including an autobiographical history of The Intercollegiate Association from 1900 to 1962 is to appear in the November "International Student."

The series is expected to begin with "The Background and Beginnings in 1900", "The Initiating Trio and Their Associates," and "The Challenge that came to College Idealism" at that period.

A REPORT of the 1962 Intercollegiate School of Alcohol Studies at McMaster University in August will include excerpts and condensations from the lectures and discussion groups, and an analysis of the editorials in the Roberts Award Program on "College Drinking Regulations; Are they Accomplishing their Purpose?" by Dean Lawrence Riggs, of DePauw University.

# The Image Makers

By Dr. John Linton

Vice President  
Intercollegiate Association

Toronto, Canada

THERE IT WAS — a bottle of Deluxe Scotch — fallen on the sidewalk. It looked like a sidewalk. I hope it was not the carpet on someone's living room floor. There it lay—smashed—its contents splashed about, unusable, in little pools like a large blot of ink on a pad. I was looking at a full-page ad in a week-end **magazine**, and under it I read the word "CATASTROPHE"!

When many of us think of a bottle of hard liquor and associate it with the word "CATASTROPHE", we immediately think of **tragic scenes**: the wife addicted and unable to fulfill her proper role as mother and wife — CATAS-TROPHE; the father addicted and fired from his job, and now want staring the family in the face—CATASTROPHE; the son with a bottle and a **car**, the crash of glass from two cars in collision — death and maimed bodies — CATAS-TROPHE.

But as I looked at this ad I was thinking of my visit to Moscow in the summer of 1960. I had visited the Center for Public Health of the **Soviet Union** and found that they had a department given over to the **alcohol problem**.

After a conference with some members of the Committee, they showed me two films. The second one was of special interest, for it was a strong propaganda film against **vodka**. The main character was a vodka bottle in animation. It had hands, legs and a face, but the face was **evil**. The animated vodka bottle went about doing **evil things**. It got the truck driver drunk and in an accident. At the end, however, it met up with its equal — a fine, upstanding and responsible citizen, who was an engineer on the railroad. The Vodka Bottle climbed into his cab and then sought to entice him to indulge. The engineer became angry and in his wrath threw

the bottle out of the cab. It fell on the iron rail and broke into a **hundred pieces**. What did this film say? "CATASTROPHE"?

All I could think of was a phrase used by mother many years ago, "Good riddance of bad rubbish!"

---

I ATTENDED the Intercollegiate School at McMaster this summer and found it *extremely educational* and enjoyable. — Bucky Reigelman, William and Mary College, Williamsburg, Va., Sept. 12, 1962.

---

IN THE LAST QUARTER of a century, hundreds of thousands of American families have experienced the joy of seeing a rumpot husband or father get the monkey off his back with the program of Alcoholics Anonymous.

This group, more than any of the sociologists, put alcoholism in its proper perspective as a disease, not simply a personal defect. — *The Beam*, Branch Prison, Marquette, Michigan

---

I AM NOW a Service Director in Albuquerque. The social life here consists almost wholly of drinking. Will you please send me all the literature you have on drinking in military life, and also drinking in college life. —(Miss) Jo Ann White, winner of First Honors, in the Roberts Editorial Awards of 1960.

---

FOR TWO SUMMERS I have attended a conference on the campus of Stetson University at DeLand, including a class on Alcohol and Narcotics. Coming home I began to read about the effects of alcohol. One thing that impressed me was to see a local newspaper after all the liquor ads were cut out — not much left. I tried it with my own town paper. It was completely filled with such advertisements even on Sunday. So I decided to make my theme really full of correct information. Can you help me? — A Jacksonville, Fla., high school student.

---

"It is unfortunate today that some regard alcoholism as a disease like cancer. It may end as a disease, but it begins with an act of will, namely to take a drink."

—Bishop Fulton J. Sheen

---

A drunk in Long Beach, Calif., was charged with vagrancy after being arrested 136 times. Baled out of jail he made it 137.

---

For the first time in recent years the men's council at Berea College (Ky.) has taken an active interest in doing something about the drinking problem. They have always had the power, but have shunned the responsibility. Now they have begun to work seriously with excellent progress this year. I want to receive every issue of the International Student. — Dean of Men

# Educational Projects For 1962--63

● The **Campus Visitation Program**, offering a three to five day series of lectures, class sessions, group discussions and conferences, or Campus Seminar under students sponsorship in "Basic Information", by Dr. Albion Roy King, lecturer, writer, consultant and psychologist. For date reservation write Dr. King at Mt. Vernon, Iowa.

● The **Roberts Editorial Awards** — \$2,000 in Cash Prizes — to undergraduate college students in Canada and the United States; open to all colleges. **THEME:**

## "The Role of Alcoholic Beverages in the Family"

**AWARDS:** At the International Level, \$500 cash and a scholarship  
First Honors \$200  
Second Honors \$100  
Third Honors (2) at \$50 each  
Fourth Honors (4) at \$25 each

In addition each of the above will be offered a Scholarship to the Intercollegiate School of Alcohol Studies at McMaster University, August 1963

**AWARDS:** At the College level, \$1,500 in cash—  
Through a college instructor, or department, which participates by using the theme in class work and assignments, or a responsible student-led discussion group; 50 local awards, \$30.00.

**INDIVIDUAL** undergraduates may enter directly for the International awards

- 
- The Annual Intercollegiate School of Alcohol Studies, McMaster University, August 1963
  - The "International Student", promoting an objective study and service approach in education on the Alcohol Problem.

The Intercollegiate Association  
After Oct. 1, 110 South State St., Westerville, Ohio.

2 15352 2A-1S  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Journal of Alcohol Studies*

### *In This Number*

The Scope and Purpose of Alcohol Studies . . .	35
Are College Drinking Rules Effective? A View from the Campus .....	37
A Golden Silence? .....	47
Intercollegiate School of 1962 .....	48
An Evolution in Understanding .....	51

Otterbein College, Cowan Hall  
Westerville, Ohio





# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

November, 1962

Vol. 60, No. 2

---

## THE ASSOCIATION AND THE OTTERBEIN CAMPUS

1900—First College Group Organized

1962—International Offices Established

**I**T IS SIGNIFICANT to the enlarged objective educational advance that The Intercollegiate Association for Study of the Alcohol Problem is now making, that we find ourselves, as of October 15, 1962, well established just four blocks from the campus of Otterbein College, where the first student group was organized February 25, 1900.

The office of the Association and the Editorial Room of **The International Student** are in the Cherrington Memorial Library Building, with access to resources in original and historical material, unequalled elsewhere, and an abundant supply of the latest books, reports of scientific research and magazines that are so necessary, in our modern educational approach, to understanding the problems of Alcoholism and Alcohol in society today, and to the enlistment of leaders for creative service in meeting them. Come share with us.—Ed.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

**The Intercollegiate Association**  
110 South State St., Westerville, Ohio.

# The Scope And Purpose Of Beverage Alcohol Studies

By Wayne W. Womer, D.D.

Banquet Address  
at the Intercollegiate  
School of 1962

Secretary of Alumni  
of the Yale (now Rutgers)  
School of Alcohol Studies

**T**HE BASIC PURPOSE in alcohol studies today, is to develop a better understanding—both new insights and tested knowledge—about man and the society in which he lives, through scientific examination of alcohol and its use in beverages.

Study of this subject offers an exceptionally useful avenue for scientific research because of the direct impact alcohol has, as a definable foreign agent, in the human body, especially on the central nervous system, on motivation, memory, sensory functions, the association of ideas and inhibition, the control of physical motion. The drinking of alcoholic beverages according to custom and its individualistic and even anti-social use, at times, provides an extraordinarily broad and sharply definable field for study of government, agriculture, the arts, health, family life, religion, education and recreation. In fact, all aspects of social life are directly affected by the use of alcohol, which in turn influence the nature and extent of that use. Particularly is this true in terms of the unsolved problems in our everyday social life.

By selecting a particular aspect of man and society for study, it is possible to integrate a wide variety of artistic and scientific approaches, e. g., historical, biological, psycho-

---

Dr. Wayne W. Womer, Richmond, Va., is giving full time educational service to the problems of alcoholic drink, speaking constantly in colleges, churches and schools.

logical, legal, theological, medical, sociological and others. In turn, the focus of multiple approaches on this specific phenomenon allows a scope of insights and understanding which would not be possible if only one discipline were involved, or if human behavior of all sorts were the target.

Attempts in other studies to achieve new knowledge and understanding through the integration of disciplines spring from questions directly pertinent to the respective disciplines. For example: Does a specific organ or functional system within the brain play a particular role in memory, in anxiety, in rage? Or, what is the optimum condition for "imaginative problem solving"? Or, in what setting and through what social agencies or roles and toward what types or categories of persons are negative social sanctions most persistently effective? Whether in the laboratory or in everyday life, such questions and the testing of possible answers can be both instigated and controlled when alcohol or the use of alcohol is involved; also when it is not involved. Almost all types of human and group behavior can occur both with and without alcohol. In addition, alcohol is known to have specific effects on behavior.

Controlled comparisons of behavior, both with and without this substance, provide a remarkable vantage point for the study of man and society. Attempts to achieve new knowledge and understanding spring also from the extensive, intensive and lasting problems faced by organizations and individuals in our own and in other societies. The questions in this case are usually of a policy nature, or require answers in terms of meeting an immediate need. For example: What stand should "our" church take on drinking by teen-agers? How should government (or insurance companies) attack the problem of deaths on the highways in which the driver or his victim had been drinking? What is the best treatment for alcoholism? What is the best means to handle the Skid Row problem, or to cope with problem drinking in industry? What is effective teaching about alcohol in the secondary

(Continued on page 46)

# Are College Drinking Rules Effective?

## A View from the Campus

Lawrence Riggs, D.Ed.

Condensed from an  
address at the Inter-  
collegiate School of 1962

Dean of Men,  
DePauw University  
Greencastle, Ind.

**N**OW LET'S LOOK at some of the reasoning.

Those who said, "Yes, college rules are effective," included some who felt they are effective because they aren't enforced and some who felt the effectiveness to be in terms of pacifying the public. Only a very few of this group really gave unqualified "yes" answers. Some felt control was affected, so answered affirmatively.

The "yes-and-no" answers were largely in terms of meaning "yes" if you mean some control on campus and "no" if you mean that college rules cause abstinence. Some indicated the rules were effective for those with abstinence backgrounds who accept this stand, and not effective for others (who choose not to follow them).

Many papers approached the problem by raising a question about the purpose of college rules. There was an almost uniform opinion that reasons for rules weren't adequately understood, and a great suspicion that many college administrators didn't have a reasoned basis for them, or were so out of sympathy with the rules they couldn't adequately explain, much less enforce them.

Rules on drinking alcoholic beverages were thought by a good portion of students to be for the purpose of protecting the college from embarrassment, to placate wealthy supporters, to conform to church policies (in church related schools) and in some (apparently few) cases to help the individual student.

---

These comments were made after Dr. Riggs had read the papers submitted in the Roberts Editorial writing program of 1962.

One student observed the dilemma in which administrators find themselves by pointing out that strict enforcement means student resentment and liberal policies bring adverse reactions from the community. She said, "(Our) school copes with these two problems by formalizing a policy, then neglecting to enforce it." This apparently makes everyone happy.

Another wrote, "When college administrators emerge from their fear of public censure, college drinking rules will become truly effective."

I was both encouraged and discouraged to note the sympathy extended administrators in their responsibility for establishing and enforcing rules. I appreciate the sympathy, but observe with renewed fatigue the way in which most students seem to feel this is chiefly an administrative problem as if the welfare of the institution, its prestige and acceptance by the public have no discernible relationship to the quality and meaning of the degrees to be achieved by its students!

With a few notable exceptions there was a clear feeling that the whole matter is a frustrating reality perpetrated on an unwilling student body by administrators who are under pressure from the above (boards, the community, the church and supporters). A strong point was made generally to the effect that students are going to drink regardless. This embraced a feeling that one need not respect a rule that inconveniences him personally and indeed was not to be expected to!

Many plead openly for drinking on campus. Said one man, "The alcohol rule is the students' area of rebellion and the pop of the beer can is his call to arms!"

Said one woman, "Perhaps if college officials would realize what a clever group they are trying to deal with, they would realize how futile the whole matter is — that of controlling the use and possession of alcoholic beverages by college students."

Another wrote, "To American students 'Thou shalt not'

means 'I dare you'." Another said, "Students just naturally rebel against rules."

Other pertinent comments included these:

"Good college student relations depend on some drinking being possible."

"Drinking is not wrong in the right hands."

The ability to conduct an adequate personal evaluation was assumed by many statements like these. (But do students have this ability? Is it possible to achieve such evaluation as this considering alcohol as a drug and its effects?)

"Students want to be treated as adults and have no one telling them what to do." (This falsely assumes adults are under no directions or requirements such as taxes, traffic rules, marriage laws, paying bills on time, not murdering one's neighbor or his dog, buying a variety of licenses, going through customs, etc.)

"Students don't want to be protected from themselves." (Well, what about protecting them from each other?)

Drinking has a friendly connotation. It is a symbol of friendship and goodwill and therefore has a place in society and on the campus.

If social pressure to drink "is strong enough to affect a whole nation, people of all social classes and positions in life, then why should the student be the only one strong enough to reject it?" (One can easily sympathize with this point of view!)

"When a young man or woman graduates from high school and leaves home to go to a college, he finds himself suddenly free of mental, moral and parental regulations." (Is this true according to law; to practice? Would students really want this to be true?)

(To administrators) "Be sensible. Be tolerant to the point of being blind to alcohol."

A constructive and realistic approach would allow drinking off campus under faculty supervision. Drinking with professors and officials would bring drinking into an area of respectability and sensible perspective.



"By leaving the way open for a college student to come in contact with alcoholic beverages, he will be more likely to resist such forces in the future."

Rules should be relaxed because the further a student has to go to drink the more he will drink in order to make the trip worthwhile. Accidents might occur enroute and this would be because of the rules making the student travel to get his drinks.

Rules were held responsible for a number of tragedies including one suicide.

"Lenient rules seem to have the advantage of keeping the individual student in a healthier emotional and mental state."

College "drinking rules are no more than duck blinds. Students are more intelligent than birds and get around the rules."

"Anxiety or tension is a more decisive factor in college drinking than school rules."

In so far as these might be representative comments, they reveal to me an acceptance of "a norm of evasion as a societal standard" as one student aptly put it. Revealed also is a distressing need for sounder understandings about the reasons for rules on beverage alcohol in light of what alcohol is and does. Undoubtedly this requires sounder reasoning and clearer explanations in logical terms by college officials. Recognition must be forthcoming that no where else in society do we have communities with such concentration of an age group characterized by all sorts of strains and tensions often producing much anxiety in response to so many status needs. Comparisons of college campuses to civic communities break down at this and other points.

There were references comparing law enforcement in the community and on campus saying "crime flourishes in a community where there is no enforcement of the law". Questions arise about the nature of "adequate punishment" in an educational institution. Well, what is the rule of punishment in an educational setting? Is it different than in a civic setting? One student did point out that there is greater centralization of control and geographic concentration on a col-

lege campus than in civic community life.

Also, as pointed out in many of the papers, colleges do have a large degree of responsibility for the welfare of their students although this is currently being vigorously questioned by NSA and other student groups in an attack on the time honored and legally recognized principle of "in loco parentis" as applied to college authority. Parents and the public do expect this influence. On this point I am tempted to agree with doubts expressed as to how far the colleges can go in changing established family and social behavior. It may be some of us are trying to do the impossible by swimming up a sociological Niagara Falls! Clearly implied is a need for parental expression and support, clearly and cogently stated objectives, and constructive approaches.

Much was said about enforcement. Comments just previously shared spoke for little or no enforcement. Enforcement seems to some to be equated with harsh action — usually dismissal from school. Almost unanimously those who discussed enforcement wanted action and said rules were not effective because they weren't enforced. Some pointed out that proctors, housemothers, faculty and even deans (!) were sometimes guilty of conscious lack of action in known cases, or of actual participation with students in drinking. Students spoke of offenders "getting off", "being rescued by deans", and said that "an honest interest in students calls for a strict enforcement of the rules". A plea was made for "enforcing agents advocating personal application".

It was pointed out that when there was little enforcement of rules students are "overriding the faculty" thus injuring the "prestige and influence" of the school.

One vaguely stated, "Enforce the rules and the college will have done its duty."

"The fault," said one student, "is with the makers of the rules, not the breakers of the rules."

Inconsistent treatment of offenders was criticized by some. Others pointed out the desirability of each case being handled on its merits (a position I subscribe to) even though the

outcome may be different for cases that appear on the surface to be the same.

A few students advocated weeding out the offenders.

Some papers inconsistently advocated dismissal, then stated fear is not a proper controlling method.

The inconsistency of rules applying on campus but not off campus was noted by one student, but was generally of no concern to most.

"Part time drinking rules" were lamented. Consistency was called for.

While claiming that many students drink to defy the rules, only a few papers listed this as a student reason for drinking when formally discussing this topic. The "rules are to be broken" approach thus seems to be a rationalization in support of a desire to drink.

There was much confusion as to what enforcement means, but a clear appeal to be consistent in taking some action in the cases of rule violators. Apparently respect would be gained if action is taken. I suggest that administrators have a responsibility here to work with students in clarifying the possibilities and the desirability of various forms of action as being appropriate and real in their effectiveness. Thus, "those making the rules (would) believe in them enough to enforce them" as one person put it.

There were some fascinating reports of ways to evade inspections and enforcing agents. One student on whose campus fraternity houses are inspected for evidences of drinking, told of an ingenious device whereby a keg of beer is installed on the roof of a house and the beer is piped back of a readily available panel in the house. He referred to this as "beer on the house".

Rules were generally blamed for falsifying I. D. cards and other evasions. This lack of responsibility for law observance is disturbing, but quite real.

I want to comment about the general shellacking fraternities are administered in the papers. Most who commented on this seemed to be taking their authority from one or two

popular magazine articles attributing to fraternities a major promotional role in college drinking.

Most national fraternities have a solid stand calling for observance by their chapters of whatever rules exist on the local college campus. The image of fraternity life as a prolonged drinking experience is a cause of deep and genuine concern to national organizations.

It is undoubtedly true that for various reasons drinking goes on in fraternity houses, but ample evidence was presented in the essays that drinking also goes on in residence halls and in town housing.

I dislike seeing fraternities especially picked out for castigation on this subject although I would be the first to say that fraternities will never know the best meaning of fellowship — presumably their specialty — until they have it free of the crippling crutch of alcoholic beverages. "Fraternities," said one student, "are of greater influence than college rules or religion in determining the drinking habits of their members."

Foremost among suggestions for improvements was an almost unanimous agreement that education and open discussion is needed. Students appear to be more interested in this and more ready for it than administrators have generally recognized. This is encouraging.

Listen to these thoughtful comments:

"An uncrystallized set of social values and lack of systematic attention to social drinking in our society may account for the relationship of college administrators and the attitudes and practices of the college student."

Courses were advocated. The integration of useful information into classroom discussions was suggested. The employment of campus leaders in "information giving" positions was recommended. (Orientation groups, clubs, senates, dorm assistants, etc.)

Informing students more carefully about the existing rules was strongly advocated. There was agreement the problem

should be brought out into the open, translating, as one student put it, "alcohol education into ethics" by education.

Encouragingly, numerous students saw the basic problem of values and stressed this. Some felt drinking patterns began before college and it was too late to do anything in college, but others were more optimistic.

One student said the solution of the problem is to "remove mankind's sickening fear of himself. When man no longer needs to prove himself or to hide from himself, he will be without the compulsion which causes alcoholism."

Turning the point of education to a different slant, a woman wrote, "Must darkness and dread, through lack of proper education, always surround such beverages when one of their kind was served — at the Last Supper?"

In my opinion one of the most pertinent comments was this statement: "Alcohol must be incorporated in our mores not as a symbol of adulthood, but as a symbol of immaturity and weakness." Can college students (so given to conformity) develop a conformity to a no-drinking policy?

Several papers (fewer than one might expect) suggested religious values as a resource for developing a sense of worth and integrity and a feeling of responsibility for others that would rule out alcohol, or be a guide in its use.

"To be effective," said a young man, "rules must appeal to one's sense of honor, dignity and self respect."

Another added, ". . . the college must replace rules with trust, discipline with direction, and force with faith."

"It will not be a change of rules that will eliminate the drinking problem; instead it will be a strengthening of our moral fiber accompanied by a raising of our standards and ideals."

The task, said one student, is to "help the student alienate the passivity of his forebears inherent within his own soul."

Another, pointing to the need for students to become interested in their own best development pointed out in a neat phrase that "the wheel of responsibility must come full turn."

One brave student suggested the campus would be a hap-

pier place if students cooperated with administrators in working on this problem!

Too few students wrote about responsibility to each other as fellow creatures. This is apparently an expression of an attitude characteristic of more maturity than most students possess, but it is an idealistic point that should appeal to some.

One paper pointed out that we should use more positive data in our considerations and not lose sight of the 20% of college men and the 39% of college women whom she said are and have been abstainers.

Several suggested the possibility of changing community laws or of better community enforcement of under-age drinking statutes and laws to assist in cutting down on the drinking problem. One unique suggestion was to do away with the by-the-bottle sales and permit less to be sold (by the drink) so one can buy less and hence feel under no compulsion to drink his whole purchase in the form of a bottle of liquor!

Parents were included in many comments. Large numbers of students felt the alcohol beverage problem in youth to stem from the home and placed responsibility and blame there. Parental permission nullifies school rules, one said. The high school level needs action in relation to effective education and development of attitudes.

There were many remarks about the determining force of socio-economic factors and societal standards. It was pointed out how impossible it is for colleges to expect to prevent student drinking when drinking has its roots in homes, pre-college social customs, general social customs and the economic ability to buy the alcohol.

This poses an interesting problem in values. If behavior is reflective of values, we then need a value base upon which to develop attitudes about the use of alcoholic beverages. To be sure, facts play an important part in determining values, too, and must be supplied. The question then arises, can there be developed such a sense of confident judgment



in individuals that it will become more important than the values of the surrounding social-cultural milieu in determining behavior? This will require stability of personality, a sense of direction in terms of personal and social goals and a kind of self respect that has an authentic religious quality as man views himself as a creature of God. Are we willing to abdicate the privilege of free will and choice in these matters? And furthermore, can we extend respect and bestow dignity due our fellow creatures who choose differently than we, so this matter doesn't fracture our fellowship as men?

There is a possibility of a change in social values if we address ourselves to fundamental values in life and appeal to reason with sound understanding of the facts at hand.

College students have an unusual opportunity to thus be a creative force in society. Will they take up the challenge?

---

## THE SCOPE OF ALCOHOL STUDIES

(Continued from page 36)

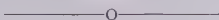
schools? What is the effect of higher or lower taxes on the use of alcoholic beverages? Often those who present such questions are not directly concerned with the generalizations or broad insights or more perfect means of establishing truth which are the appropriate goals of academic research. But it is just the needs and the questions of the social action groups which give life and meaning beyond that of curiosity to the work of the researcher. In the alcohol studies field, the questions and needs are legion. They are especially pronounced in all the areas concerned with health.

This double source of questions and needs, that of the academic disciplines and that of the persons and groups facing painful problems in everyday life, presents yet another major area of problems. The people with commonly experienced needs related to alcohol and its use are of many beliefs, of many ways of speaking and thinking. They are often concerned about very different issues—different to the extent that the problem vitally important to one group may seem trifling to another.

The people from the academic disciplines are also sharply divided. They are divided by their beliefs as to what is important and as to what are appropriate methods for analysis or for conclusion; they are divided by the enormous elaboration of special vocabularies and by the presence of sharply or, even worse, poorly differentiated meanings for the same language. In the field of alcohol problems these groups, both academic and social action, are frequently not only "different" but in direct conflict.

A major area of problems thus presented is one of communication; communication between physiologists and sociologists, between students of law and students of medicine, between political scientists and psychologists, between pedagogues and ministers, between policemen and members of Alcoholics Anonymous, between social workers and those in the alcoholic-beverage industry, between physicians and personnel workers.

Perhaps even more crucial is the need for meaningful and useful communications between the researchers as such and all these varied groups in the field of social action and policy.



## A Golden Silence?

By Patricia Wootan, '64

Fourth Honors,  
Roberts Awards of 1962

College of St. Mary  
Columbus, Ohio

**A**FTER A RUGGED week of orientation, Mary Ann awaited her date to her first college dance. She looked her best and was assured of the fact by Dan's approving smile. The fraternity was celebrating freshman weekend at the country club so everyone eagerly ordered a round of drinks—the "off-campus" privilege which had prompted their choice of the club for the dance. Mary Ann watched Dan bringing two highballs and thrilled to the exciting proposition of her first drink in an adult situation entirely on her own.



## INTERCOLLEGIATE SCHOOL

McMaster University

As the evening wore on, the rounds were more and more frequent and, despite the fears she had of her inexperienced drinking habits, Mary Ann couldn't say "no" for fear of the group's disapproval or their consideration of her as a really "green" freshman. She'd never been drunk and the hectic week called for celebration. All too soon she'd have to settle down to earnest study.

By the midnight curfew hour, however, she had to be "smuggled" into her room and put to bed by a none-too-pleased roommate. The whole affair was never mentioned by the girls as they knew the problems it would raise with



## ALCOHOL STUDIES OF 1962

Hamilton, Ont.

college officials. But, when the incident began to be repeated and guys totally unlike Dan—good for a social “whirl”—became Mary Ann’s constant escorts, the girls became worried and annoyed with their own silence.

This silence was not unnoticed by the faculty, at any rate, since Mary Ann failed more and more to reach the standards she had set in high school. Class absences were far too frequent and, when the school nurse was asked at least twice weekly to check on her, Mary Ann attributed the ailments to lack of sleep and worry over studies.

*November, 1962*

Perhaps lower grades were, in turn, another reason why she continued to indulge in an "overly-sociable" social life. The fact remains that she had managed to come very close to the actual disease of alcoholism—and this at a school which forbade drinking on campus! In such a case, it seems the imposition of the rule was a waste of effort, but for Mary Ann, although the rule had been disregarded, the spirit of abstinence helped to pull her from the brink of a terrible habit.

This school, so interested in general student welfare as to provide drinking regulations, was also quick to observe violations despite companionate loyalties. Mary Ann was soon summoned before the dean of residence and, instead of a mere reproof and warnings of expulsion, was given positive psychological aid. In time, she learned new means to become accepted and was helped to revise her erroneously formed social values.

Such a case as Mary Ann's is, in most instances, an exception rather than the rule. Fortunately, the coed in question recognized her problem and was still within reasoning distance when the dean rescued her. On most campuses where restrictions are made, the ideal is much the same—not merely negative denial of indulgence, but positive help to unfortunate violators who **can** still be helped.

The best possible aid, however, has been overlooked in this case as in many others. This aid is an ideal that continues to be the dream of many educators. How much more could have been done if Mary Ann's dorm-mates had not remained silent? How much difficulty and danger might have been averted if they hadn't remained so "loyal"? This, then, is the problem of college drinking rules and its solution lies not solely within the power of the administration or the more than ample number of violators, but, to a very great extent, within the group of silent abstainers. Drinking rules, however lax, could certainly be more effective if this last-named group would finally realize its power to help enforce regulations. But this means re-assessing the value of silence. In such a case is it golden or ghastly?



# An Evolution In Understanding Of The Problem Of Alcohol

*AS REFLECTED by the college students and faculty member, in successive generations, who have participated in activities to aid solution at different periods, between 1900 and 1962.*

## First in A Series of Historical Articles

By Harry S. Warner, LHD

### I

#### How I Joined the Movement

ONE NEAR-ZERO NIGHT in the horse and sleigh bell days before 1900, two small boys, my brother Glenn and I, were returning home huddled under a heavy blanket at mother's and father's feet, in our one horse sleigh after a church service in Wooster. Covered well against the piercing wind, we were listening to the muffled jingle of the bells and the crinkle of the snow under the runners of the sleigh.

Father stopped Old Tom. As we boys poked our heads out, we saw down by the side of the road, in the middle of Killbuck Bottom, two young fellows floundering in the snow. They had been having a night with hard cider in a Wooster saloon. One was dead drunk; his buddy was trying to keep him awake and walking. They were not "alcoholics" or "excessive drinkers". They were seventeen year old neighbors, who had gone to town to get drunk just for the fun of it. Father took the family home and went back to pick them up. From our room that night we kids heard one of those older boys rolling the other around on the kitchen floor; his muttered grunts came through the stove-pipe hole. The next morning when we went down to breakfast, all traces of their



Mr. Warner



visit were gone. This was my first encounter with the effects of alcohol. I know now that one of those seventeen year old boys was near death that night—the alcohol had so dulled his senses that he would have frozen in the zero weather if left on the roadside.

One day an older boy arrived at our country school at two in the afternoon. He took his seat, slouched around on his desk and all over the floor to the giggles of the youngsters, then settled down too drunk to move. Hilarity and disgust spread all over the place before the teacher could take charge; and this to a schoolmate!

Another incident in my boyhood helped to turn my attention in later years to a field where interesting service could be rendered. Quoting from a magazine writer of forty years later:

"One early autumn night about thirty years ago, a farmer boy of twelve or fourteen attended a country schoolhouse prohibition meeting. There was a speaker of some ability whose name and messages were soon forgotten, and there was a quartet of students from the college, Wooster, three miles away. The message of those students, or rather the fact they were giving it, "hit the bull's eye". Their rollicking, jolly good cheer and the personal service they were giving gripped the interest of the boy and placed a halo of idealism and respect around the undertaking they represented. Ever since, that peppy team from Wooster College has left an influence upon the life of Harry Warner, greater than that of the speaker, effective though he may have been."<sup>1</sup>

From yet another angle, there had come a lasting impression in boyhood years. A widely known temperance speaker, Francis Murphy, a reformed drunkard, an alcoholic, and a great orator, came to Wooster on a two weeks program, part of a pledge-signing crusade, that took him time and again across and up and down the United States. The town was stirred. Crowds attended afternoon and night. My father took us boys one night; then signed the pledge himself, not

---

<sup>1</sup>*National Magazine*, "A Man in the Shadow," Oct., 1921.

because he needed to do so, but to share a sense of fellowship with those to whom this act meant a real change in their lives.

These crusades by reformed drunkards, "rehabilitated alcoholics" they would be called today, and other temperance lecturers, had been going on across the United States for a hundred years, reaching thousands of towns, cities, rural communities and millions of people. Their common purpose was to reform alcoholics and promote abstinence. That was the essence of their appeal; their chief method, the signing of pledges for life. This was emphasized, usually following emotional speeches that played up the poverty, disorder, and degraded life of the drinker's home and the suffering of wife and children.

More lasting, however, than all incidents was the quiet influence of the home, and Oak Chapel church, and college that left a built-in understanding that alcoholic intoxication is a bad condition to be in and that alcoholic liquor could be seriously harmful to men and in society because it made men drunk. This feeling was deepened while in college and it grew into the conviction that to help prevent drunkenness, remove the saloon and encourage non-drinking would be a Christian service to the community, the schools, and the nation. I began to want to have a part in such service.

The saloon at that time stood out as a disreputable institution to a heavy minority of everyday citizens in our state. Even the majority seemed to regard it as questionable, however desirable it seemed to be to them. In my mid-college years, when many students normally begin to express their idealism and seek a field in harmony with it, my memory of those neighbor boys in the snow in Killbuck Bottom and of the one who came to school drunk were not forgotten. My most interesting studies, history and sociology, and the Bible, raised questions. What could be done? The desire to do something grew under the influence of the college, as well as the home, into social welfare rather than the ministry.

Toward the end of my junior year, the college Y.M.C.A. selected two students, my friend Charles Mott and me, to

attend the summer conference at Lake Geneva. The ten days we spent there was a pivotal point in the lives of many of us. It was the period when foreign missions had a powerful appeal—as does the Peace Corps today. More than 125, as I recall, of the 600 students attending from the colleges of the Central West volunteered to give a few years to the foreign field, most of them expecting it to be for life. Many entered the ministry; a few decided on city welfare work; others, to become Y.M.C.A. secretaries, but none chose service to reduce drinking and alcoholism. In those days, the big objective was the saloon and the liquor traffic. The need for men to give life service to this cause had been overlooked. So, because no one else that I knew was volunteering, I did.

### **Washington's Birthday, 1900**

In February, after graduation, I was about to accept a position as bookkeeper in my uncle's new factory when I received a letter from Leigh Colvin, a Senior and classmate of my brother at Ohio Wesleyan University, asking me to join the Intercollegiate Prohibition Association as his field secretary at \$50.00 per month, travel expenses to be raised en route. Ten days later, I was with Colvin in his room with one book on the Problem and a railway guide. We spent Washington's Birthday mapping out a cross-country tour of colleges to organize study groups and public speaking contests. The Monday morning after, I left Delaware before daylight for Otterbein College, where interest was promising, and by night had a good club of students established. The next day at Denison we formed a committee. The third day, at Mount Union, resulted in a group and the fourth day a beginning was made at Wooster where I gave my first chapel talk. After a hearty reception at Baldwin where I had received my Ph.B. the previous June, I visited Heidelberg, Oberlin, Ohio Northern, DePauw in Indiana, which had an active organization, Butler and Wabash, the University of Illinois and five other colleges in Illinois, then across Missouri, Kansas, Nebraska, Iowa, Minnesota, and Wisconsin, reaching Chicago the last of May, where we set up our center

of organization that autumn and remained for twenty-three years.

## II

### REORGANIZING THE ASSOCIATION

**I**T WAS IN CHICAGO in June, 1900, that the reorganization of the Intercollegiate Prohibition Association took place. From an organization of undergraduates, who each few years had carried on a vigorous series of oratorical contests and occasional field activities in political campaign years, it became an active, permanent association that soon began to give major attention to educational purposes and programs. D. Leigh Colvin, Ohio Wesleyan, Delaware, Ohio, was the last president of the former movement and continued in the same position for sixteen of the next twenty years. He was the founder of the new movement of 1900 and after. He became an outstanding organizer, speaker, and national leader.

The National Oratorical Contest of 1900, held in a church in the center of the Chicago loop, drew a crowded and enthusiastic audience on one of the hottest nights of the summer. Leigh presided; I spent much of my time seeking ice water for the twelve speaking students. The winner was Rayner W. Kelsey, Earlham College, Richmond, Indiana; his subject, typical of the period in public speaking was, "Weighed in the Balance and Found Wanting."

The convention, the next days included officers of the continuing I.P.A. organization, students from the colleges that I had contacted on my organizing tour of three and a half months, state contest winners from twelve states, and others who had caught the spirit of a new advance.

At the business meeting, Leigh Colvin was re-elected President; Virgil G. Hinshaw, Vice-President; Platte T. Amstutz, College of Wooster, a member of the Executive Committee; Edith Smith, Eureka College, Secretary; and, Harry S. Warner, General Secretary and Treasurer.

This conference of 1900 was held in connection with the

national convention of the Prohibition Party that nominated John G. Woolley for President of the United States. It was the high-tide period of the Party and brought together an enthusiastic and aggressive attendance of delegates from every state. The students direct from the colleges and the rest of us in our convention were naturally stirred with enthusiasm by the dramatic incidents of that week. We began to dream and plan for a greatly enlarged Intercollegiate movement that would reach, if possible all the colleges of the country.

That summer and fall, Colvin and Hinshaw went out as advance-men under Chairman Oliver W. Stewart, setting up whistle-stops and public rallies for the special train that carried the party Presidential candidates widely throughout the country in a three months speaking campaign until the election in November. I had a place as secretary to the National Chairman in his Chicago office; there was much to look after in his absence. One assignment was to bring out to the train wherever it might be the more important letters to the Chairman. On one occasion, I joined it early in the morning as the train rolled east and south from Lima, Ohio to Columbus in a continuous series of train-end meetings and town and city rallies. The meeting at Wooster, in the City Hall, my hometown, was one of the most enthusiastic, but I took the chance to have a visit with my home folks. Mother filled my travel bag with apples from the home orchard. But the official party beat us to the railway station. I found the train gaining speed down the tracks. After furious waving, it came back—one instance at least when a Presidential Train backed up a quarter mile to pick up a left-behind.

### **Organizing Groups in Colleges**

At the first meeting in August, to plan a program, Colvin, Hinshaw, and Warner adopted a strategy of yearly visiting and re-visiting colleges to keep in contact with local groups, that we called "leagues", to increase the number of state oratorical programs, and to set up study groups.

I rented a typewriter, learned the hunt-and-peck method, bought a mimeograph and used my ten-dollar-a-month room at 204 Oakwood Boulevard, a good residential community,

as an office. Leigh and Virgil took to the college trail in November and continued travelling most of the time for fifteen years or more thereafter.

In the next year as the educational program was getting underway, five additional recent graduates joined as pioneers and field secretaries: Logan H. Roberts, Nebraska Wesleyan, who had a New York University law degree; Daniel A. Poling, Dallas College, Oregon; Alfred C. Millican, University of Washington; Platte T. Amstutz, Wooster, Ohio; and Herbert C. Shattuck of Cornell University, Ithaca, New York.

This program of college visitation by field secretaries just out of college, ourselves the first few years, and then others as we grew older, became our basic plan of work until we were cut short by World War I in 1917.

### **Idealism of 'the Few' Spreads to 'the Many'**

The spirit of idealism, that is so normal in many of us in our college years found an outlet and an opportunity for expression in the growing controversy over the liquor traffic from 1900 onward. Led often by emotional, but very realistic young men, it grew strong and became a working force in the colleges of those years. Thus the desire to have a part in the practical job of seeking to "drive out the saloon" or to reduce the area of drink-selling by local option or state prohibition, became a natural field in which to test their idealism—a serious adventure and a very practical service. The desire gradually became popular, as in other welfare reforms, religious and patriotic movements at other periods. For example, for a half-century the Student Volunteer Movement for Foreign Missions which encourages students to study the religious cultures of other countries, and to enlist volunteers for life service, secured so many at one period, after about 1900, that the churches could accept only a few of them. One of their slogans: "To make friends for America around the world," is a call of the Peace Corps today that two years ago sent out 600 to work in South America and the eastern Asiatic countries and had at that time 200 in



training and 1800 applications on file.

In 1901, the National Oratorical Contest was held at Buffalo, New York with twelve state winners speaking to a vast audience in connection with the Pan-American World's Fair and a national conference of prohibition leaders.

Charles M. Hay, Central College, Fayette, Missouri, won the highest national honors. On returning to college he organized clubs in all the colleges of the state and continued to lead them as state president for five years. After graduating in law, he centered his attention on the problem in Missouri, devoted much time to the Anti-Saloon League, was elected to the legislature, and was a United States senator in Congress at the time that the National Movement for Prohibition reached its climax by adopting the 18th Amendment to the constitution.

### **The First Five Years**

Within the first few years after 1900, reports from the newly organized leagues in the college began to come to the national office in a steady stream from the field secretaries, such as the following:

The groups organized before 1900, Kalamazoo, Ohio Wesleyan, Cornell University, Nebraska Wesleyan, Purdue and others, added educational programs to previous activities. A new club at the University of Chicago had a series of lectures by faculty members and nationally known specialists and campaign speakers, including John G. Woolley; the new one at Springfield State Normal, Missouri, reported an average attendance of 100 at regular meetings; a canvass of student voters at Penn College, Ia., found forty-eight prohibitionists among the sixty eligible to vote; another Iowa league included the editor and manager of the college newspaper, captains of football and baseball teams and presidents of all literary societies; the University of California group wrote; "It is beginning to attract notice on this campus"; an organization formed at Whittier College after two years of faculty opposition; Cornell club had forty members and sixty in volunteer study; in Tennessee, Ernest Taylor was raising \$100 to organize the colleges of the state.

Three secretaries were in the field early in September in our second year—Colvin in Iowa, Logan Roberts in Colorado and Kansas, Alfred Millican in California—each on three month tours.

Roberts, who had the West Central states wrote: "My entrance into the prohibition state of Kansas was a revelation of the efficiency and rightness of the principle for which we are working—prohibition is first, last and always a success. Comparing these towns with places of the same size in the saloon states, I talked with many in stores, banks, hotels and on the street—not a single one favored the open saloon. Bank deposits were larger, credit business safer, poverty almost unknown, colleges crowded and students almost unanimous in its support."

The reports of a month of concentrated work by two secretaries in Pennsylvania in our fifth year, Daniel A. Poling and Platte T. Amstutz, illustrate the activities and interests of that year:

"The college prohibition movement in Pennsylvania", wrote Dan, "seems to have caught the spirit and inspiration of the anti-graft and law enforcement campaign that swept over the state just previous to the election and victory of the prohibition candidate for state treasurer in November."

A new league was organized in Western Theological Seminary by Platte to study methods of dealing with the problem. An unusual situation for a seminary was the tacit opposition of some faculty members and the open hostility of some students to the principles of prohibition. Others, however, were determined and went ahead until the group was received with as much hospitality as it was in other divinity schools.<sup>2</sup>

At Grove City, Poling found a live organization; a canvass of the whole student body for members had been made; meetings and debates were going on; faculty members were cooperative.

Juniata League, Huntington, had three student meetings with an average attendance of 173. The group was coopera-

tive with the temperance organizations of the county; its membership included the leading students of the college and had hearty faculty support. The Susquehanna League, said the report, was very active. A quartet accompanied speakers throughout the county. The Dickinson College group had an oratorical contest, study group, and other activities. Albright College league had 38 working members.

Large audiences greeted the secretary, Dan Poling, on that tour, both on and off campuses. At one college, he spoke seven times; at Franklin and Marshall, he scored in a large community Sunday meeting; at Johnstown and South Fork he spoke to audiences of 400-800; at Conemaugh, Lewisburg, Scalp, Carlisle, Huntingdon, Myerstown and other appointments, popular meetings were held.

In Texas that year, John W. Milton, Baylor University, an all-round college leader and president of the state Association, visited, promoted study and gave addresses at nine colleges. He received the support of large student audiences. The state oratorical contest and the convention at Polytechnic, Fort Worth, included a two day's training school; Milton was heart and soul in the cause, expecting to work for it when he finished college.

At about the same time the Albion College, Michigan league published a series of "problem discussions" on alcoholic drink, led by faculty members. One summer a trio from Hedding College, Illinois put in two and a half months in Western Illinois, speaking, singing, distributing literature, and collecting money to pay expenses. They managed to obtain a small salary besides.

On the Pacific Coast, President Colvin completed a two month's tour among the colleges of Washington, Oregon and California. He discovered a number of young men were so interested that they wanted to make the cause a life purpose. In Oregon alone, he met ten who were planning to take courses in law as preparation.

At Willamette University, Colvin had four meetings and conferences. Serious study of the liquor problem rather than membership was emphasized. Oregon Agricultural College

had the most active groups in the state. Colvin addressed four large meetings where women students were the leading workers; coed cooperation was unusual in the early years of the I.P.A. At Eugene Divinity School he set up a plan of advanced study of the problem; two teams had been speaking over the county in the preceding campaign.

At Albany College, Colvin reported the league doubled its membership of the previous year; at Philomath every member of the faculty was a prohibitionist; at Dallas, Pacific, McMinnville colleges and the State Normal School, groups were studying "Methods of Solution." Oregon had as a whole reported an increase of twenty-five per cent in membership; studies prepared by the Association were widely used.

In the summer of 1904, Herbert C. Shattuck, Cornell University, New York, Vice-President of the National Association, visited thirty towns in Ohio as advance man for prominent speakers, arranging street meetings, addresses in churches, speaking himself and raising funds to meet expenses.

For several years before and after 1900, a quartet at Wooster College provided music and speaking each autumn, accompanying experienced speakers and speaking themselves in meetings throughout Wayne County. In the summer of 1904, with Platte T. Amstutz as leader, the quartet toured fifty frontier towns in South Dakota, holding open air meetings each afternoon and evening all over the prairies. When a student in 1900, Platte had helped to organize the National Association. He was then a member of the National Executive Committee.

A visit by Alfred C. Millican to Ohio Northern in 1905 where he was greeted with two meetings of 300 different students each, reflected the interest in some colleges at this time. Millican's thinking was "What the Prohibition Cause has to Offer the College Students," and "The Local Option Method." That local had 100 members that year.

In 1904 the Association began to encourage serious de-

votion to the cause by offering a service pledge that read:

"It is my purpose, God helping me, to place the prohibition of the liquor traffic foremost in my life plan, and whether engaged in a regular profession, business or occupation or giving my whole time to the larger fulfillment of this pledge, I will find for myself an active field of labor in the cause."

The basis for so idealistic a conviction was clearly stated in a realistic editorial in the **Intercollegiate Statesman**, May 15, 1906. It read:

"In governmental affairs a new social conscience is recognizing the reformer type of statesman. He is given credit and honor instead of being criticized as a visionary and a busybody. People honor without intermediate machinery or party tag the manhood of Folk, Roosevelt, LaLollette, Bryan, Harley, Berry and Castle and what they have done against boss rule and against corporate control."

---

## LATER ARTICLES IN THE SERIES

Initiating Study of the Problem

Seeking Freedom From Liquor Control

In Action in 1914-1917

The Eighteenth Amendment

Twelve Years of "The Noble Experiment"

Student Reactions During the Prohibition Period

Sharing In The European Student Movements

Ten Years of "A New Approach"

From License to Mores

---

## FACTS AND FIGURES ABOUT ALCOHOLISM

Compiled by the Ohio  
Department of Health

- Alcoholism is a progressive illness.
- Alcoholism is one of America's four major health problems, along with mental illness, cancer, and heart disease.
- 228,930 Ohio residents were alcoholics in 1958, according to a conservative estimate.
- Approximately 4,560,000 people in the United States are alcoholics.
- 4,000 per 100,000 of the adult population are alcoholics.
- There is one woman alcoholic for every 5.8 men alcoholics.
- Only about 3 percent (of alcoholics) are the visible skid-row type. The remaining 97 percent are to be found in homes, offices, places of business, in every walk of life.

# Returning To Normal Lives

By Herman E. Krimmel, M.D.,

An Excerpt

Director of Case Work Service,  
Cleveland Center on Alcoholism

ONCE AN Alcoholic stops drinking he must have something to replace the alcohol and this does not mean other drugs. It means activities and interests. When a problem drinker swears off, he leaves a large emptiness in his life which has to be filled by something. It may be a job or renewed family life. Some have to dredge up almost forgotten hobbies and others have to learn new ones. A 55-year-old patient returned to school to learn the real estate business. A middle-aged woman was persuaded to replenish her wardrobe on the sewing machine and, eventually, was able to supplement the family income by making dresses for other women. Learning to live without liquor means learning to live with something else and it can be anything from gardening to collecting Babylonian artifacts.

---

## ELEMENTAL FACTORS in the Problems of Alcohol

A BRIEF SURVEY of the Whole Problem—its sources; a brief analysis of latest scientific information available; elemental knowledge in popular, readable, but yet wholly objective form and educational style.

**"The Liquor Cult and Its Culture", by**

**Harry S. Warner, L.H.D.**

**\$1.50 and \$1.00**

**The Intercollegiate Association**

**110 South State Street**

**Westerville, Ohio**



# THE ROBERTS EDITORIAL AWARDS of 1963 \$2,000 in CASH

Theme:

**"The Role of Alcoholic  
Beverages in the Family"**

## **A. At The International Level**

First Honors: .....	\$200
Second Honors: .....	\$100
Third .....	two at \$50.00 each
Fourth .....	four at \$25.00 each

In addition each of the eight will be offered a Scholarship to the International Intercollegiate School of Alcohol Studies at McMaster University, Hamilton, Ontario, August 24-29, 1963.

## **B. Awards At The College Level**

This award, open to fifty different colleges, provides a local prize of \$30, a first of \$20 and a second of \$10, to class groups under an instructor and on his application for a reservation. A minimum of twenty papers should be submitted in one lot.

## **C. Individual Student Awards**

Any undergraduate of 1962-63 may enter directly for the international awards by sending the paper to the office of the Association before April 15, 1963.

The Intercollegiate Association  
110 South State Street  
Westerville, Ohio

2 1S35Z 2A-1S  
PACIF.SCH.OF RELIGION  
LIBRARY-1798 SCENIC AVE.  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

60.3

# Student

## *Journal of Alcohol Studies*

### *In This Number*

Cultural Antecedents of Alcohol Consumption . . 67

Alcohol and the Family ..... 71

An Evolution in Understanding of the Problem of  
Alcohol, as seen at different periods, 1900-1962,  
through the experience of The Intercollegiate  
Association: ..... 77

- (a) Challenge of the First Decade
- (b) Widening Understanding
- (c) Initiating Study Among Students

Library, Ryuku University, Okinawa  
Built by the U.S.A. since World War II



bruary,  
963

ocracy  
something  
er than  
ty; it is  
onsibility"

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

February, 1963

Vol. 60, No. 3

---

## ONE OF THE TOP-LEVEL SPEAKERS SPEAKERS

At the International Intercollegiate School of Alcohol Studies, at McMaster University, Hamilton Ontario, Canada, August 24-29, 1963.



Dr. Bell

DR. R. GORDON BELL, Medical Director and head of the Bell Clinic, Willowdale, Canada, is returning to the McMaster Intercollegiate School of 1963 by special invitation following his previous participation in the schools at McMaster, University of Chicago, University of Western Ontario, and Waterloo College.

He is a special lecturer to medical and health students at the University of Toronto, Counselor in the Department of Reform Institutions of Ontario and member of the Canadian Psychiatric Association.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
110 South State St., Westerville, Ohio.

# Cultural Antecedents Of Alcohol Consumption

Carl A. Nissen, Ph.D.

Condensed from a lecture  
at the Intercollegiate  
School of Alcohol Studies

Professor of Sociology  
Ohio State University

**F**ORMERLY HUMAN MOTIVATION was presumed to be conscious motivation. It was believed, taught, written about, and announced from our pulpits that each person is the "captain of his fate and the master of his goal." If a person was convinced that a thing was "good" or "right" or even "efficient", he need but learn that he is capable of doing it, then proceed. If this were true, or even mainly true, the task of those who seek to ennoble society would be comparatively easy. Science, that now widely honored method of study, can with assurance tell us the outcome of any behavior which has been repeated a great many times. We would then know the outcome of any one behavior. If the outcome is harmful, people would soon stop. At least the educated ones would.

Within understandable limits we are all interested in limiting the use of alcoholic beverages. The reasons are obvious. We have seen about us all too often, heard on radio, seen on TV, and read about the tragic results that accompany intemperate use of this beverage. The evils of drink have been a subject of literature for thousands of years. In the United States, education about alcohol is required by law; teachers must educate the pupils about the effects of its use as a beverage. Unfortunately, many of the teachers do not know about the law or what to teach; the community does not insist that they do thus teach. Most churches for years have taken up the cudgels against old Barleycorn; but drinking continues. We may explain this by saying that, once begun, drinking becomes an almost unbreakable habit; there is some

truth in this. We may say that, like other narcotics, its use brings on a mild condition of euphoria, so that although the user comes to know that it's a dangerous habit, he does not want to escape the euphoria it brings on. This also has an element of truth in it. We may say that the millions spent on advertising keeps many people drinking, and I'm sure that has some effect. And so people would like to control its use by education and by repressive laws. But the tragedy is that some people tend to depend entirely on formal education and law.

### **I. Background Motivating Agents**

To all this there is no easy solution. I would, however, like to call your attention to another aspect of the general question, "Why do people drink?" All that has been said about alcohol being habit forming, about its inducing, at least to many, a mild state of euphoria, is true. Yet, there is another motivating drive toward drinking. The specialists in the field, such as psychologists, anthropologists, and sociologists, call this force culture. Culture is a generic term to cover all behavior learned from the group, and to which the group gives its sanctions and continued support. It is made up of folkways and mores. Sumner, who adopted the term, is often quoted as saying that the mores can make anything right. Certainly if a behavior is deeply seated in the culture, it will be thought to be right. Most of you in your college studies have learned about the pervading influence of culture. Nearly all our characteristic behavior is a part of the culture. Our language, religion, laws, business practices, our etiquette, social customs, are all part of culture. The social scientists do not now consider themselves as they were once called, cultural determinists, but they have not departed from the meaning of this concept as far as some would like to believe. For every act one engages in, there is ample and adequate reason for it in his background; one could come pretty close to predicting a person's behavior if he knew enough about that person's background. The joker, is of course, as some of you know or suspect, that it is practically impossible to know any person's background completely enough.

## II. Cultural Backgrounds

Canada and the United States differ from all other large nations, in one important particular: their citizens are almost entirely immigrants or the descendents of immigrants. These are the only two nations of the world which have had the opportunity and have dared to take its population from all over the world and strive to weld them into a nation by democratic means. These immigrants brought with them their various cultures. They brought their attitudes, values, and customs; their languages, their religions, their self-concepts. In the new world they sought to build a new life. Among the attitudes which are important for our present consideration is their attitude toward the use of alcoholic beverages. Many of these people, in their home land, thought of alcohol not as an essential evil in itself, but rather as a commodity to be used in certain ways. Each nationality, nay each group within many nationalities, had not only a specific conception of what alcohol is, but also of the form in which it should be used, whether as a beer, a wine, or in some distilled form.

My own family immigrated from Schlesvig, which was then in Germany, but since 1920 has reverted to Denmark. Whenever we had guests for dinner, unless the guests were known to be abstainers, the table would have a glass of wine at each place. Not to serve wine with a meal was unthinkable—sort of like telling the guests, in unspoken words, that they were not really welcome. Then after dinner, when we played cards, beer was the standard drink. There was liquor in the house, but it was kept for some emergency. I do not remember that we ever had an emergency. Well, once we did. An uncle was at our house for a few days; he had a cold and asked for and got a cup of hot black coffee into which a quantity of whiskey was poured. I was quite young then, and do not now remember how effective this medication was, if I ever knew.

Not all immigrants used alcohol in this manner. Some of them consumed quantities of distilled liquors. Others used mainly wine with an alcoholic content that was rarely over



12% by volume. Not only did these immigrants bring their customs of alcoholic consumption; they brought also a set of attitudes which approved of their use, and they seemed to feel that everyone ought to look upon alcohol as they did.

### III. Non-Drinking Culture

Among the immigrants there were also teetotalers, total abstainers. Every society has had its non-drinkers. Even in Old Testament days, according to the sacred literature of our Judio-Christian culture, there were total abstainers. These abstainers looked upon alcoholic beverages as an evil, and saw mainly those who made excessive use of it. One could think, listening to some of these total abstainers, that they too felt that their way was the best, and that everyone ought to be the same.

What I'm trying to say is that whatever set of customs we are reared in, unless and until we are effectively exposed to another set of customs, we think of our customs as the **right** ones, and that everyone ought to follow these customs. I can well remember the day I announced at home that I did not want to drink, for I had learned in a physiology class that alcohol was bad for one. My parents and my siblings jumped all over me, that is, verbally: "What is the matter, are we suddenly not good enough for you?" "Was I getting high-hat and denying the family?" "Didn't I want to be part of the family any more?" "Where did I think I was getting off at?" I felt like a heel. I felt as though I had become disloyal to my family. I was deeply hurt. I did not know what to do. But I had quit drinking and tried to explain to my parents that I just didn't want to drink, and that I did not think I was any better than they were. I still felt badly but at that time, I still didn't drink. The teacher had done a very effective job.

In the "old country" the people's drinking customs, as well as all other customs, were surrounded by a many faceted set of social controls. To drink to excess, so my family thought, was almost a mortal sin. It was shameful. In Europe, in the community in which we lived, this attitude

(Continued on Page 94)

# Alcoholism And The Family

By Herman F. Krimmel, M.D.

Director of Case Work  
Cleveland Center on  
Alcoholism.

From THE NEWS

**T**HE ALCOHOLIC IS A SOCIAL liability in many areas—in industry, in the professions, on the highway, in the neighborhood activities. The most damaging impact, however, is on the family because they are exposed to the emotional and economic effects of the illness every day of their lives.

Usually, the initial reaction of the family is to deny the drinking difficulties. Spouses and children resolutely close their eyes to even the most persistent evidence that social drinking is becoming problem drinking. This may be the result of their inability to believe it has happened to them. It is more likely their reluctance to accept the stigma still so tenaciously attached to alcoholism. Neighbors gossip without understanding and children's friends are cruel in their taunting.

This denial unintentionally allies the members of the family in a conspiracy with the alcoholic because his own need to deny is so overwhelming. The difference is, that in his frantic search for reasons to drink, he masters the skill of shifting the blame and finds those reasons in what he regards as intolerable faults of the family. He justifies his drinking because his wife is an impossible shrew, because his children are incorrigible and, in general, because those loved ones for whom he has done so much seem determined to make his life miserable. The real reason, of course, probably lies in his inability to accept the responsibilities of family life and each additional burden may provide renewed impetus to his

---

Reprinted by permission of the Cleveland Center on Alcoholism, 2107 Adelbert Road, Cleveland 6, Ohio.

*February, 1963*

71

drinking. The onset of excessive drinking in some men, for example, can be traced to the birth of the first child. Despite vigorous protestations of paternal pride, his reactions are panic and escape to the bottle.

Bewildered members of the family, especially wives, frequently play right into the alcoholic's hands by accepting the burden of guilt. A recurrent question heard by anyone working with the spouses of problem drinkers is the plaintive: "Whatever did I do to make him this way?" Moreover, a wife can be required to lie and deceive in ways that add to her shame. She is repeatedly called upon to make excuses to friends and to phone the boss to report that her hungover husband has a severe cold or upset stomach and will not be able to get to the office.

Inevitably, severe illness eventually shatters the wall of silence and pretense. The economic assets of the family may be dissipated with the loss of one job after another. Tensions mount daily. When finally awakened to the real plight, the family tends to reorganize to cope with the situation. If the alcoholic is the father he may be stripped of his usual functions and relegated to the status of a naughty child. He no longer participates as parent and husband.

One disastrous consequence in the family relationship is the sexual turmoil. The impotence that often accompanies heavy drinking plus rejection by his wife, bitterly emphasizes the patient's self-doubts. He may drink as a defense against sexual frustration which only makes him less attractive as a partner. In this situation it becomes almost impossible for the man to blame himself so he turns on his wife and accuses her of infidelity.

There has been considerable speculation about the neurotic reasons for women marrying alcoholics and some researchers have suggested darkly that these women unconsciously select their mates to meet their own needs. This may or may not be so. In any event, no one has ever suggested that children choose, consciously or unconsciously, to be born to an alcoholic parent and it is the children who are most susceptible to damage. Incidentally, it is estimated that

approximately two-thirds of the married alcoholics have children.

It is difficult for a child to weather life in the family of an alcoholic without some distortion of values. At best, he may see his father's role nullified and usurped by the mother. At worst, he may witness or even be the victim of verbal and physical brutality. He may see his father beat his mother for reasons he cannot comprehend. He may see or hear the crudest manifestations of sexuality and his own attitudes may be shaped by this. One of the patients at the Center, a respectable and placid man when sober, totally wrecked the lower floor of his home in a drunken rage. The children cringed and watched with horror. Another occasionally used his wife as a practice target for knife throwing and joked about it to the children.

Stability is almost foreign to the family of an alcoholic. Children are constantly faced with unpredictable parental attitudes and the alcoholic parent is inclined to swing between behavior that is gross and maudlin, between senseless generosity and equally unreasonable harshness. The broken promises and disappointments can be almost unendurable.

For children there are divided loyalties and, all too often, they are used as weapons by warring parents. Moreover, they feel rejected by the alcoholic parent because "if he really loved me he would stop drinking."

We have stressed the alcoholic father but it can be just as difficult to have an alcoholic mother. Dr. Ruth Fox thinks it is even more so because "it is often possible for the mother to shield the children from the full impact of the situation" if the father is ill. "With an alcoholic mother this is rarely if ever the case. Because of the closeness of the children to the mother they are apt to suffer irreparable damage."

Children are resilient organisms. Many devise serviceable defenses against pathology but many do not and we keep thinking of a 17-year-old boy who reported the suicide of his alcoholic father with a feeling of obvious relief. One shudders to contemplate what life at home must have been like to cause this boy to find comfort in the fact that his father had leaped

from the tenth floor of a Chicago hotel.

We still know comparatively little about the specific effects of alcoholic parents on children or about the duration of these effects. We do know enough, however, to warrant intensive and extensive research.

### NON-ALCOHOLIC SPOUSE

We are frequently asked if we offer help to the non-alcoholic spouse or relative as well as to the patient. The answer is an emphatic yes! Indeed, since most of our patients have retained some ties to home, however tenuous, treatment may be seriously hampered unless we can involve husbands, wives or parents.

In many cases help to the spouse precedes contact with the alcoholic. Several times each week a pleading voice at the other end of the telephone inquires, "How do I get my husband to accept treatment?" A long-suffering wife then goes on to say that her husband has again guzzled himself into a stupor and she can't budge him. Besides, she is becoming afraid to live with him because he has recently become violent. Last night, for example, he accused her of all manner of infidelity and disreputable behavior. Her denials were met with a right to the head that would have been a credit to Ingemar Johansson.

Warming to her subject, she explains she has tried everything. She has emptied bottles down the drain although she admits this rather sheepishly since most people now recognize it as a futile gesture, although in desperation they continue the practice. In 15 years of marriage she has threatened to leave him about 20 times. She has never actually left because "he is such a sweet person when he is sober." During his moments of violence she has thought of calling the police but just couldn't bring herself to that because "they might really arrest him."

This woman NEEDS help. Among other things she has to understand that threats to an alcoholic are meaningless unless carried out. Actually, unfulfilled threats may only encourage additional drinking. Many alcoholics will not seek

help until they face a crisis (at whatever level it might be) and sometimes a crisis has to be created. We do not advocate that wives leave home at the first sign of trouble but if nothing else works, decisive action may be necessary.

Spouses and relatives are helped to understand that when drastic measures are necessary, they can be constructive and should be regarded as a beginning rather than an end in themselves. For example, if an alcoholic persists in brutal behavior there may be little choice but to have him arrested. The county workhouse may never rate a chapter in an anthology of utopias but that isn't the purpose. Incarceration does keep an alcoholic dry and, having achieved temporary sobriety, he may be amenable to treatment when released. Some patients have been successfully treated after brief confinement although they had been previously unreachable. (Incidentally, the workhouse does have a program for alcoholics during their stay.)

Most of the time these seemingly harsh measures are not necessary. We first help spouses to face alcoholics with the realistic consequences of their drinking. If they can be firm without being punitive, it is frequently possible to persuade the patient to come to the Center for an exploratory interview.

When the patient has agreed to accept treatment, the understanding participation of the spouse or relative is essential. Moral support, for example, is vital because the alcoholic can seldom believe in himself if his wife doesn't believe in him. This means acceptance rather than coddling and it means cooperation based on realistic expectation of genuine effort by the patient.

Relatives often have to help the patient recognize that it is a sign of strength rather than weakness to accept assistance but first they have to understand this themselves. Alcoholics, a generally insecure group, commonly regard the acceptance of treatment as another sign of failure because it means they cannot "do it themselves" as strong people should. They abhor the "crutch" of medication and it is only with encouragement of those around that they can continue to accept treatment.

Many patients come to the Center filled with enthusiasm



for the virtues of sobriety and weary of the pains of drinking. At the outset they are agreeable to any treatment we suggest. Consequently, they stop drinking almost immediately. Everyone is overjoyed—especially the spouse who thinks she has participated in a miracle and that the sun of abstinence will forever shine on their happy home. All too frequently, alas, the clouds begin to gather and Mrs. X must be fortified against the almost inevitable slips. There are no miracles in the treatment of alcoholism and the non-alcoholic members of the family must be helped to survive the temporary lapses along the way.

Sometimes spouses find that sobriety isn't quite as wonderful as they had anticipated. In his struggle for health the patient may become a most trying person. Sometimes, on the other hand, wives must be helped to understand that their own adjustment may not be easy. When one is married to a seriously alcoholic husband, she is compelled to assume the masculine as well as the feminine responsibilities in the home. She controls the finances, disciplines the children and, by default, makes most of the important decisions. When the patient begins to recover he wants to repossess the responsibilities that are normally his but it isn't always easy for the wife to relinquish them.

An essential ingredient to the recovery of the alcoholic is replacement of the drinking with some other interest or activity. The participation of spouses or relatives in this phase of rehabilitation is obvious. Many, however, feel that it is enough if the alcoholic stops drinking. It isn't, and many families need help in understanding this.

---

Since attending the Intercollegiate School, (1956, at the University of Chicago) I have been in Medical School. One might expect to find an intelligent attitude toward alcohol in the environment of a medical school. Professional people, with technical knowledge of the effects should be capable of recognizing what it is, "a cup of fury", in the terminology of Upton Sinclair. But what do I find—The drunk is a joke; alcohol is in the center of social living. A number of prime prospects for alcoholism are in my own class. My position of abstinence is respected, but it is not understood. There is a lack of desire to discuss alcohol on a rational basis; that might upset the defense of their positions. This they want to avoid—Norman E. Watt, University of Rochester.

# An Evolution In Understanding Of The Problem Of Alcohol

*AS REFLECTED by the college students and faculty members in successive generations, who have participated in activities to aid solution at different periods, between 1900 and 1962.*

By Harry S. Warner, L.H.D.

## CHALLENGE AND APPROACH OF THE FIRST DECADE

**A**FTER THE FIRST few years, new men, recent graduates, who had been gaining experience in the newly organized college leagues began coming into the field service of the Association—Hervey F. Smith, Baker University, Kansas; Samuel F. Grathwell, Berea College, Kentucky; Harley H.



Mr. Warner

Gill, Epworth Seminary and Morningside College, Iowa; and Elon G. Borton, Greenville College, Illinois. All four had been active in their local leagues and had won public speaking contests while students.

Elon Borton devoted himself for seven years to the work of the Association as Traveling and National Secretary, except for three years in the Armed Services during World War I, until 1923. On his first visit to Berea College he discovered Sam Grathwell who had

worked his way out of a boyhood in the slums of Cincinnati, where he had seen the alcohol problem at serious first hand. Hervey Smith, who gave four years to the Association, came into the movement from a very different background, that of a Christian home in Kansas, a prohibition state, where he had seen nothing as a youth of what it means to have a saloon in the community.

Harley Gill, who later became vice-president of the National Association, was raised on a farm in Iowa by religious parents who were strong in their opposition to the drinking custom. At their death when he was twelve years of age, his home was an orphanage. A neighbor school-boy was helping his mother raise cucumbers, getting them to town, and detouring home with the checks to keep his father from grabbing them for liquor. Harley helped pick the pickles; the lunch of pickle-pickers was boiled potatoes. The experience that Harley gained from this family gave him a realistic understanding of drunkenness in a family. Out of it came the interest that led him, at age eighteen, to begin work for the Prohibition Party in Minnesota; during the summer years he was attending Epworth Seminary.

Later, after graduating from Morningside College, he described this experience that gripped him deeply, as follows:

"The strain on the mother became too great; she was sent to a state insane asylum. During the months that she was there the father got hold of himself and did not touch a drop. The mother's condition improved and she was permitted to return home, just before Christmas; what a happy family that was! The father, on an errand downtown, fell in with a bunch of oldtime cronies who almost dragged him into a saloon for 'just one drink' to celebrate Christmas and his wife's return. He went home crazy drunk. The next morning the broken body of the wife and mother was found on the railroad track a mile away. The word spread among the children of our orphanage. Christmas was a terrible day for us too.

"It was a teacher in Epworth, who with his wife and her brother, had made up a trio to sing and speak the message of prohibition, that got me started in summer work for the Prohibition Party before I was eighteen years of age.

"My first contact with the Intercollegiate Prohibition Association was through the visit of D. Leigh Colvin, then President, to Epworth Seminary, where I was a student. I had spent the previous summer as a County Organizer for the Party in Minnesota. I was made President of the club which Mr. Colvin organized. We had a study group and sponsored

a lecture series for the school and the town.

"The following summer, I served as Superintendent of Organizers under Mr. Calderwood in Minnesota. The I.P.A. held a training conference at the University of Minnesota. Colvin, Warner, and Hinshaw were there. Colvin had married Mamie White, who had won second honors in the previous National Oratorical Contest. I think another romance was budding at the meeting, viz., Harry S. Warner and Florence Wells, daughter of George F. Wells, editor of the Minnesota prohibition paper, **Backbone**. Virgil Hinshaw remained in Minnesota until election as did I and during this period we became fast friends.

"The I.P.A. was having difficulty in financing its Traveling Secretaries, for Hinshaw recommended me and I was accepted, a boy of 19, not having finished preparatory school, sent out to speak to college students. I traveled among the colleges of Iowa, Illinois, Indiana, Ohio, and New York. Toward spring, Mr. Warner proposed that I should go to the Pacific coast to raise money to support a full-time Secretary for the Coast.<sup>1</sup> Neither the treasury nor I had money for the trip. It took two or three days to scrape together enough for a one-way ticket. It was on the China and Japan Fast Mail, as slow a train as ever hit the rails, and we were badly delayed by spring floods. I arrived in Berkeley 31 hours late, after a day with one sandwich, one apple, and 15 cents in my pocket.

"But the response to the plan was generous. I visited Berkeley, Palo Alto, San Jose, Los Angeles, Long Beach, and San Francisco, which was still a mess from the earthquake of the year before, and several colleges and cities in Oregon and Washington."

From such backgrounds of experience, understanding, and emotional reaction to the problems of alcohol drink, as those problems in human living were understood in the early years of the century, and from many angles of approach and degrees of failure or success to find a solution, came the

---

<sup>1</sup>Harley Gill, because of his youth and his ability as a speaker, had been remarkably successful in obtaining financial support for whatever program he was promoting.

Intercollegiate Movement that has been continuously active for sixty-two years since.

### **Practical Idealism — Then and Now**

The spirit of the realistic idealists who shared in the movement as students was one of quick response and devotion to a great national need. It was much the same, if not wholly so, as the spirit and vision of the National Peace Corps of 1961-63 which seeks to counteract the ideology and concrete results of Communism by taking personal part at critical points where most needed today. Both offered visions of public service to which students might give a few adventurous years, gain experience, and perhaps devote a life. But with this difference: The student volunteers of a half-century ago began without training and little or no money.

To the organizers of The Association, the appeal did become a lifetime job — a full-time dedication of service toward the reduction and ultimate elimination of alcoholic drunkenness from every-day living. Three of the first five accepted lived the full-time life challenge; three or more of the next five did the same. Many, many others during the next creative years gave much time, service, and sacrifice, shared directly as field secretaries in the Association or continued as lay-workers, while thousands of those who studied the problem under the initiative of the Association, while in college, became leaders in the educational, promotional, scientific, and political activities at local, state, national, and international levels during the half-century that followed.

### **Campus Drinking Problems**

The Association centered its attention on the public liquor problem, its political, social, and economic sources and aspects. Drinking in colleges and social drink customs were light in the smaller and church-related colleges, but often serious in the large and Eastern "upper-class" colleges. These problems were given little attention by the Association. The question of personal drink belonged to the home, the school, and the church. The Association had no sympathy with college drink traditions nor did it do much about them. It provided information, or shared in discussion with inter-

ested students and groups and encouraged objective thinking and decision.

Yet the influence and activities of local groups often grew into positive action on the campus. Through objective study and discussion, they came to look at the subject honestly. They saw the seriousness of the problem and became concerned. Out of this concern there developed sometimes direct campus action in support of restrictive regulations and campaigns against drink traditions.

### **The Case of Harry Platz**

An illustration of what a group and a strong individual could do, occurred at the University of California. This club was organized as a study group by Leigh Colvin in 1904. It prospered in its activities for six years. Then it took a stand against certain practices that were disgracing University traditions. One was the drunkenness that followed the annual tussle around the "Big C" at the top of the hill between Stanford and California at midnight preceding the final football game of the season.

As reported at the time:

"'Beer night' around the 'Big C' on the hillside of the University of California is a thing of the past, thanks to Harry W. Platz, of the Intercollegiate Prohibition Association. Up until 1910 a good deal of drinking took place around the 'Big C', an immense letter built into the mountain side in 1902 in solid concrete two feet deep. It is the duty and honor of the Sophomore class to protect it from rival university depredations on the nights preceding big games with Stanford. The class furnishes a force of men to guard the monument all night lest the opposition succeed in their attempts to 'paint it red'. It has been the tradition that the fellows could not remain awake without 'booze'. The beer was delivered in kegs in spite of the fact that this is a part of the campus, and a state law forbids the sale of liquor within one mile of the state university grounds.

"When it became the turn of the class of Harry Platz to guard the 'Big C', Platz tried in advance to have the beer



excluded. He was supported by a strong element in the city who offered to furnish free, all the sandwiches, doughnuts, and coffee needed; and it was finally decided to have no beer. However, toward midnight the beer-kegs began to come up the hill. Many who did not drink went home, but Platz and a chum or two remained through the night. The next day they took up the legal end of the matter with the prosecuting attorney. The faculty lent support, and sentiment in the class grew stronger and the midnight carousals around the university's emblem on the hillside came to an end. An authority of the university congratulated Platz heartily on his victory, and quietly warned him against becoming a martyr.

"The next year Platz led a battle for an amendment to the constitution of the student body, forbidding the drinking of any intoxicants at any function organized or acting under the name of the university. The petition was killed in committee, but the resolution put on record the student sentiment against liquor by a vote of 627 to 138."

### WIDENING UNDERSTANDING— AND SERVICE

**B**Y THE BEGINNING of our second decade of activity in 1910, "the college movement", as represented by the Inter-collegiate Prohibition Association, had gained a place of latent influence outside its field that we did not recognize at the time. We were too close to it.

The work it had been doing for ten years among the future leaders of public opinion naturally caught the attention of the various organizations that were a part of the rapidly-growing trend throughout the country, toward action by Congress at the National level. Many recent I.P.A. members were already becoming leaders. But some of them were becoming concerned about the divergent philosophies, or "ideologies", and the lack of unity in the national organizations, particularly the Prohibition Party and the Anti-Saloon League. The latter by this time had become outstanding in the general movement.

Organized in Chicago in 1873, the Party was convinced that so great a reform must have the support of a political party to carry it through and insure continued enforcement. Their original pattern was somewhat similar to the rise and growth of the party that elected Lincoln and supported the anti-slavery movement. The Anti-Saloon League, organized much later under a very different situation, believed that advance could come by many non-partisian steps such as refusal to license, local option, and much later at state levels.

The rivalry between the supporters of these two programs at times came to be an embarrassment, and did not seem necessary to many of our alumni and the later generations of students who had discussed that problem freely in their groups during the first ten years with the Association.

### **The Valparaiso Convention**

By June, 1910, the date of our first independent college convention at Valparaiso University, Indiana, nine states had prohibition by state action — Alabama, Georgia, Kansas, Maine, Mississippi, North Carolina, North Dakota, Oklahoma, and Tennessee. The legislatures of four other states passed local option laws that year, leaving only five states and three territories where the legislatures had not given some form of local veto on the liquor traffic. It was estimated that 41,000,000 people were living in "dry" territory.

This was the year that the consumption of intoxicating beverages, measured by absolute alcohol content, reached its highest peak, or the plateau on which it remained stationary for four years, then began to recede.

The call for the convention gave the following objectives :

1. To impress upon educated men their duty to prepare for the adult responsibility of entering into public political service.
2. To give students a vision of the opportunity that would come from having a part in the banishment of liquor.
3. To encourage students to concentrate upon this major issue so that their opportunity would not be lost in questions of method, or of which organization would be leader in the battle with the liquor traffic at the

national level.

Virgil G. Hinshaw, president at this time, in his opening address, made an appeal for greater unity as an outstanding need among the various non-alcohol movements of the period. He showed how the younger men who had studied and discussed the problem together as students could bring harmony in spirit and program if not in the philosophies of the rival organizations that were striving for leadership in the National Anti-Saloon League and the Prohibition Party.

"Whatever are the merits of the positions taken by these two great contending organizations," he said, "this convention is not the battle-ground where the saloon is to be overcome. This conference is for the purpose of studying the various methods of attack against the liquor traffic . . . We are taking into account the work of many agencies that should work together. This is a school where specialists may meet to teach and compare methods. Let there be the utmost freedom of discussion."

In his conclusion he added that "even in this period of controversy, the Association should carry on its educating policy applying it to trained thinkers and leaders . . . In this capacity it reaches more than 50,000 students each year and inspires hundreds to engage actively in some phase of reform activity."

On the convention program there were speakers from both the Anti-Saloon League and the Party. The students attending included strong supporters of both ideologies: the majority being in-between or undecided. This was one of the first conventions at the national level at which speakers from both ideologies appeared on the same program.

In his address on "College Men in the Anti-Liquor Crusade," E. S. Shumaker, Superintendent of the Anti-Saloon League of Indiana, reported how students and faculty members had contributed greatly to the county option campaigns of two previous years in the Hoosier state. He was so impressed by this service and interested that he had asked the colleges of Indiana to prepare courses of systematic instruction on the problem.

Oliver W. Stewart, National Chairman of the Prohibition Party, won respect for the principles of the party by the keen logic with which he presented the meaning of that approach to the problem.

The organizational addresses included: "The Working of the Local League" and "Enlisting Students in Large Universities" by Traveling Secretaries Harley H. Gill and Hervey F. Smith. I read a report showing in detail the activities and growth of the Association. A cablegram of greeting to the convention was received from Mr. and Mrs. D. Leigh Colvin, our first president, who were visiting Oxford University, England, an incident that could give a mild thrill in those days.

In a call for state reports of actual work going on — statewide, outside of colleges and within — those by Brown of Illinois, Schmidt of Indiana, Barrett of Iowa, Nelson of Kansas, Loveless of Florida, Short of Pennsylvania, Coon of South Dakota, brought out facts, statistics, stories, actual accomplishments by students during the previous year that were beyond reasonable expectations. They showed for the first time the extent of the growing I.P.A.

On Sunday, the closing day, Dr. Samuel Dickie, president of Albion College, gave an objective analysis of the national situation. Two inspirational addresses by our youthful Vice-President, Daniel A. Poling, and one by Oliver W. Stewart, the latter on "The Problem of Drunkenness", were strong appeals for service from the background of their own college-enlisted devotion to the cause. Dan related how he had joined the Association as a student of eighteen, when Colvin visited his college, Dallas, in Oregon, during his first tour among Pacific colleges.

### **Fifty-Three on the Hillside**

Early that Sunday morning fifty-three delegates from nearly as many states had met in a devotional service above the reflecting water of Sager's Lake that mirrored the deep sincerity of college ideals — then as always, before and after. In the shade of the trees by the lake the students and leaders shared in a quiet discussion and study of the spiritual con-

viction that prompted them toward giving service as Christian citizens to the growing movement against the excesses and social consequences of alcoholic drink. Many in the group that morning, a majority as I recall, did give from half to full life time service to the cause in the years that followed.

That Sunday morning we discussed the teachings of Jesus that seemed to apply directly to college trained young men when seeking the spiritual meaning of life in public affairs, particularly in hard jobs such as those we were facing at this convention. The following is an extract from the talk, "A Message to the Strong," which I gave that morning:

"That higher education means greater responsibility for service to humanity we are beginning to acknowledge. Note the growing number entering social settlement, and similar services, either by giving themselves or by enabling others to do so. Yet we miss the application of educated capacity to the place where it means dealing with masses of humanity in the most authoritative of all capacities — the government and political reform.

"We leave government to the bribe-takers and public opinion to the bribe-givers. Reform is relegated to 'cranks', extremists and the ignorant-if-devoted. The saloon is a necessary social tool of the corrupt politician. By controlling the central wards of our great cities, it tends to fix the public ideals of the nation far below the point where free play of the democratic process indicates they should be.

"That field of service which Edmund Burk said requires the greatest capacity of which the human mind is capable — the government of ourselves and our fellows — politics — we leave to the worn out agglomeration of sentiments, called parties, the liquor controlling 'bosses', the 'interests' of which whisky is the vilest, yet the most publicly sanctioned. Government is left too much to 'politics for profit,' not for services.

"No more vital motive lies before the conscientious college man today than to enter politics for service, reform for principle. The very scarcity of high thinking men who seek this field is a call for those who have the vision to come right now, to serve the country in the anti-liquor movement,

and in the political reforms that must go with it. It is, therefore, a serious duty of college men to prepare to have an active part in reform politics, to put an end to the Tammanys, the Hinky Dinks, the Quays, and the saloon gang of voters and vote makers. No one can overestimate the blight of such leadership. Nor can anyone estimate too highly the strengthening that comes to our morale and the morals of our national life when well trained young men face the responsibilities of reform seriously."

### **Widening Field of Cooperation**

Following this first independent convention of the Association, the philosophy and field of service of the I.P.A. became widely cooperative with the approaches being made by various anti-alcohol movements of the day. The practical advantage of holding our top level public speaking contests with the assured attendance of a large, enthusiastic crowd, saving expense and gaining paid admission and much publicity as a first night attraction, were realistic factors.

With the many local and state "wet-dry" campaigns going on, most of the members of the local leagues in colleges were becoming increasingly interested in having a part in the field activities of the thousands of local option, statewide, and other campaigns then going on. "To study" was not enough. To have a hand in field activities was more exciting. Many of the local leagues had already taken part in surveys of community attitudes; study of saloon surroundings and apprehension of violators of the law and in speaking and providing music for public meetings.

### **The Oratorical Contests**

The public speaking contests of the Association were the most popular educational projects for more than a quarter century. Organized first in 1887 they were continued sporadically each four years until the National at Lake Forest College, Ill., in 1899 in which D. Leight Colvin, of Ohio Wesleyan won honors. Colvin was then elected President of the Association and Mattie Guild of Wheaton, Ill., Secretary. Through their leadership a large National was held in Chicago, in June



1900, with twelve state winners participating. From this revitalization, they continued and grew until they became one of the largest public speaking series in America for twenty-five years at a time when oratorical contests were particularly popular in the colleges of the country.

These contests were the source of thousands of original speeches each year. For example, in the two-year period leading to the National of 1914, at least 1,100 were written and delivered, first in the home colleges, then in fifty state contests, seven interstates, each including five to seven states and all sections of the country. Finally, in the National Earl H. Haydock, University of Southern California, won first, and Henry C. Jacobs, of Hope College, Michigan, second national honors. The average number of colleges to enter in the fourteen years previous, was 230; nearly 10,000 orations were written and delivered; the winners passed through four successive steps to National Honors.

The I. P. A. oratorical system grew strong without a cent of endowment or the aid of wealthy friends who could offer large cash awards. The "regular" intercollegiate series offered prizes nearly twice as large and much enthusiastic publicity. It was not the prizes or the competition that made the I. P. A. series strong — but the appeal of the subject, itself, for a quarter century.

When it is recalled that most of the students who took the opportunity to enter a contest, spent from two weeks to half a year reading, studying, and writing in preparation for their local, the educational value of this program will be better understood. Many times the student speakers were invited to give their speeches in home churches, community meetings of various kinds, and especially those connected with the anti-alcohol movement. Those who won state, interstate, or national honors frequently had opportunity to participate in campaigns for law observance, public education on the problem, and political activities. The national contests were held usually in connection with some large national convention in Chicago, Buffalo, Indianapolis, Columbus, Atlantic City, and Des Moines.

## INITIATING STUDY OF THE PROBLEM

**F**ROM THE VERY FIRST year the organizers and secretaries of the Association, because they were students a year or two out of college, were particularly interested in promoting study of the Alcohol Problem. Their first project was the organizing of study groups. The aspect that stood out most conspicuously in 1900, was the practical one: What to do about it? How to meet, reduce, and remove the saloon and the economic and political strength of the liquor industry from the social and political life of the community and the state. To this point the history of a hundred years seemed to have brought the general movement that was seeking solution.

This was the problem that was inherited by young adults at the opening of the Twentieth Century, particularly by students who were at all concerned, as they emerged from college. "The Temperance Movement" of the period consisted of the philosophies that had grown out of more than a hundred years of rough experience to reduce and eliminate drunkenness. "Temperance" as abstinence, moderation, moral suasion, religious disapproval and condemnation, pledge-signing of many varieties, high license, heavy taxation, local control, and the first experiments with prohibition all seemed to have brought only limited results. Total drunkenness had not been reduced. The per capita consumption of alcoholic beverages continued to increase. Yet, in the very same period, a strong non-drinking culture was rising and slowly, but steadily, evolving into a non-drinking way of life, becoming organized and more and more militant against the degrading personal and social consequences of alcohol in daily living.

### **The Days of the Typical Saloon**

This was the period of the typical saloon. Liquor was available and inexpensive to all who sought it, except in three states and many small communities. Saloons in Chicago and other large cities advertised free lunches standing ready on the bar. Large cities, small towns, and country cross-roads had drinking places. In the foreign colonies of the big cities, beer was delivered to the home; "high society" used many varieties of imported wines and Kentucky whiskies; cider

turned hard in farmers' cellars; moonshines flourished in the southern mountains, and bootleggers were rampant then as later. The saloon was the place where men went to drink, remained to boast, received the news, and "set it up" and drank again. In factory areas, it was the poor man's club; elsewhere, the profligates' club for the sons of the well-to-do.

In this general situation, the main programs of those who were leading the anti-alcohol movement were directed toward removing the legal saloon as the place of too-easy access to an overly abundant supply of intoxicants. A few friends of the drink custom tried to make the saloon a respectable institution in the community; but the majority of citizens who cared to do anything at all, as well as the devoted leaders of the cause, were trying to remove it. Since the conclusion that the "moral suasion" movement of nearly a century and similar activities had failed, the only measures at all adequate to meet the situation seemed to be those that tended to reduce, by law, the production and sale of alcoholic liquors.

### **As Understood**

The alcohol problem as generally understood in 1900, was the "liquor traffic" in its political and economic aspects, the saloon and drunkenness. One main reason for the determined, enthusiastic, even radical attitudes among those who were concerned was the conviction that the liquor industry was making high profits out of its influence in public affairs, and from the excessive promotion of its product. They fully acknowledged that there were other serious social and economic questions related to alcohol and its heavy use; such as its cost to industry, to families of low income, and its part in causing juvenile delinquency; but these questions, it was felt, could be solved more readily, only after the liquor traffic had been curbed or destroyed. They regarded "drink" as so active a contributing factor that it would handicap, if not defeat, all creative social services.

### **Beginnings of Objective Study**

The Intercollegiate Association, in its approach to the "drink problem", was different from that of any other agency of the period. It attempted to promote all-around objective

study of the problem as necessary to both personal decision and individual or group action. It did not discount the value of educational propaganda, indeed often shared in it, but it did not encourage action, even "signing the pledge", until decision could be taken intelligently and for recognized reasons of value. The Association did not then, or ever afterward, promote a total abstinence pledge. Frequently, students from drinking homes, including sons of saloon keepers, joined the local clubs to study the question. Once the son of a wealthy brewer in Minneapolis, active in the league at the University of Minnesota, aided in research and came out against drink customs of his family. The fact that he later yielded to the pressure of the money in his inheritance was not a blot on the sincerity of his attitude while a student, but an instance of family pressure.

We believed that objective study should be the basis for personal decision of whether to drink or not to drink as well as for intelligent social action, and that it should include the widest range of factual knowledge available. Thus, to organize study classes, discussion groups, and oratorical contests as incentives to study became our main program for the next twenty years.

The commission given me by Leigh Colvin, the first president, as I left his student room at Ohio Wesleyan before daylight for my first organizing tour of three and a half months among the colleges in nine central-western states, was: "There should be a thorough study of all sides of the problem. Every interest of society should be taken into consideration."

### **Discovering a Student Desire to Know**

The experience gained in our first two years in setting up study groups brought to light a very real desire among college students to study the subject—to have a deeper understanding of the problem than they had gained from school, church, home or their home communities. There were few books available, no study plans or outlines. No courses of instruction were being offered by the colleges. But this situation prevailed generally among the temperance organizations and in the

churches of that period. Those who were trying to solve this gigantic social problem were doing it by realistic emotional reaction and deep practical understanding, but with little scientific knowledge.

Thus even within the first year, we began to prepare study material of our own that we hoped would be more helpful as a beginning for our study groups. The first was a one-sheet outline that attempted to give the elements of the question of alcoholic drink, as understood at that time. By the third year, we were publishing a periodical to distribute these studies and our traveling secretaries were visiting and promoting their use in one hundred or more colleges each year. This was the origin of **The Intercollegiate Statesman** that continued this program through 1918. In 1924, it was renamed **The International Student**; at the time we had correspondents in twenty-three countries.

At the time we began to create new study material in 1901 the political aspects of the alcohol problem were outstanding. Efforts, generally, to improve the situation were centered on the philosophies back of local option, local prohibition, and related activities that tended toward governmental action. Most of the leaders in the various organizations were convinced that the system of licensing the sale of alcoholic beverages was both immoral and illegal. The more aggressive were saying that it could never be licensed without sin. Many legal authorities questioned the policy of licensing the sale of intoxicants. High court decision supported much of this philosophy, such as: "License gives legal standing which it does not otherwise have," and as stated in the noted *Crowley versus Christenson Case* (U.S. 86, 1890) :

"By the general consensus of opinion of every civilized and Christian community, there are very few sources of crime and misery to society equal to the dram shop, where intoxicating liquor in small quantities, to be drunk at the time, are sold indiscriminately to all parties that apply . . . The police power of the state is fully competent to regulate the business, to mitigate its evils, or to suppress it entirely."

The first studies that the Association prepared had as

purpose to learn just what rights the saloon had in constitutional law. If this could be understood, it was believed that one serious roadblock to reform could be removed and that social forces would then act freely; that the burden of drunkenness could be reduced and gradually eliminated; that education by public school, church, group discussion, and similar activities would be able to bring about reform in the normal ways of social progress.

These studies, later planned at frequent conferences of the secretaries, were written by Secretary Warner, and published in the magazine of the Association. They were followed by a series that reflected additional steps in understanding, at later periods.

### Growing into Inter-Campus School

The study-group program that we had started the first year in local clubs spread so widely and had improved so greatly in content that it came to be called, by President Colvin, fifteen years later, "One vast training school for developing the leaders and workers in the nation-wide anti-liquor conflict."

In fact, it was just such a training school. One year there were 125 college teachers who enrolled 2,500 students in classes that specialized in these studies. Thus, 2,500 students were receiving systematic instruction that year on the problem and how to deal with it.

It was a school unique and efficient—a school without a dollar of endowment; one that did college-level work without the cost of buildings or instruction. It accomplished a program of education by utilizing the assistance of interested professors and the use of classrooms wherever it was organized. The traveling secretaries encouraged the desire for systematic instruction, helped organize the classes, and assisted in procuring the instructors. Colvin, Warner, were both authors of courses of instruction and books relating to the problem.

Dr. Colvin handled the economics and political science phases and Mr. Warner the sociological. Warner's book, **Social Welfare and the Liquor Problem**, was being used more than any other book of those years for study of the alcohol



problem, both in and outside of colleges. It was chosen as the most useful book for that purpose in America in a survey made by a Presbyterian Church Board. More and more colleges began to include class instruction or a series of lectures on the request of interested students. In very few instances would these courses have been offered had it not been for the interest aroused by the field secretaries of the Association.

---

### **Cultural Antecedents to Alcohol Consumption** **(Continued from page 70)**

toward the excessive use of alcoholic beverages was supported by all those around us. In such a social atmosphere, one is not likely to become characteristically inebriated. The evils of drink were not as prevalent as we have seen them in our countries.

To illustrate: The last evening I was in Denmark in March 1955 (I had been there for seven months as a Visiting Lecturer) a group of professional and business men set me up to a dinner and tried to persuade me to apply for permission to stay another 3 to 6 months. The thing I had been trying to get across to those Danes was just beginning to sink in, and they wanted to hear more. During that dinner in the Scandia Restaurant, across the intersection of streets from Copenhagen's city hall, I noticed three Danes who had come in for a drink. Each ordered a stein of beer. Two and a half hours later, they were each still working on that first stein of beer.

Three men in the United States who go into a drinking place or a restaurant that serves drinks would not at the end of 2½ hours still be working on the first bottle. They would keep on drinking and would be high or under-the-table.

The thing that happened to the customs these immigrants brought over with them was that they did not also bring their social controls. The custom of drinking, yes. The social controls on which the parents depended to teach the young how to drink in moderation were left in the old country. The parents were not aware that the collective opinions of their friends and neighbors were so important. The parents would

scold their youth for excessive drinking. A scolding which in the social atmosphere of the home land would have been adequate, in the new world had no meaning; rather they were but so many irritations, which were sometimes drowned in more drink.

#### IV. The Frontier

All this was screened through the Frontier. The frontier was a completely new experience to those who settled here. In Europe they do not have a word for "frontier". I remember in February 1955 I was lecturing in the Folk School of Ry, near Aarhus. So few of the students understood English that I was asked to speak in my native tongue, Danish; but I'd forgotten nearly all the Danish I'd ever known. So we made an agreement: I'd speak in Danish, and should I not know a certain word I was to give it to the headmaster in English and he'd give me the Danish word for it. In my lecture I wished to refer to the effect of the Frontier on our culture, and asked him for the word. He was stumped. The Danes have no word for frontier, so I used the word "frontier" and defined it as differing from the "border" in that the border is a line between two countries, but a frontier is that vague area between a settled country and nothing. Here every man was a law unto himself. They had seen a number of our Western movies, and they already had a mental image of the frontier.

For the present purpose, let us note that on the frontier there are NONE of the social controls which each group had in the old country; that the frontier was populated by people who had an imbalanced sex ratio, often 200 men for every hundred women, which meant that none of the people lived normally, not even those who were married; and on the frontier, the one who gets there first, gets ahead. Everybody is in a hurry. DeToqueville pointed out that as being characteristic of America in the 1830's when he visited here. Even today, Europeans are repulsed by our constant hurry. This being in a constant hurry, led to excessive drinking, where there were no social controls, and set patterns that are different from those in the old countries.

# THE ROBERTS EDITORIAL AWARDS of 1963 \$2,000 in CASH

Theme:

**"The Role of Alcoholic  
Beverages in the Family"**

## **A. At The International Level**

First Honors: .....	\$200
Second Honors: .....	\$100
Third .....	two at \$50.00 each
Fourth .....	four at \$25.00 each

In addition each of the eight will be offered a Scholarship to the International Intercollegiate School of Alcohol Studies at McMaster University, Hamilton, Ontario, August 24-29, 1963.

## **B. Awards At The College Level**

This award, open to fifty different colleges, provides a local prize of \$30, a first of \$20 and a second of \$10, to class groups under an instructor and on his application for a reservation. A minimum of twenty papers should be submitted in one lot.

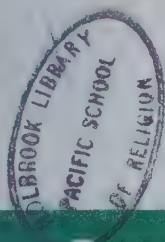
## **C. Individual Student Awards**

Any undergraduate of 1962-63 may enter directly for the international awards by sending the paper to the office of the Association before April 15, 1963.

The Intercollegiate Association  
110 South State Street  
Westerville, Ohio

2 15352 2A-1S  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL



# *Student*

## *Journal of Alcohol Studies*

### *In This Number*

The Citizen and Prevention of Alcoholism . . . . .	99
Recent Interpretations: The DePauw Conference, March, 1963 . . . . .	101
Planning a Campus Seminar . . . . .	106
Alcoholism Reflects the Recent Spread of Drinking . . . . .	109
An Evolution in Understanding: A Historical Article; the 1914-1917 period . . . . .	111
Index, Volume 60 . . . . .	126



DePauw University  
Roy O. West Library  
Greencastle, Ind.  
(See page 101)

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

April, 1963

Vol. 60, No. 4

---

## GOING ON FROM WHAT YOU KNOW

YOU ALL KNOW SOME of the early signs and symptoms, and some of the questions that are asked, so I'm not going to go through those questions to ascertain whether or not an individual is a drinker, or a problem drinker, or an alcoholic.

Sociologically, there are alcoholics in all parts of the world. In the United States and Canada there are upwards of five and one-half million people who are alcoholics. This means that about one out of every fifteen, or six percent, of all our children will become alcoholics if we don't do something to stop it.

—Dr. Marvin A. Block, Chairman of the Section on Alcoholism, American Medical Association, at the McMaster Intercollegiate School, August 1962.

Dr. Block returns to The Intercollegiate School of 1963.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
110 South State St., Westerville, Ohio.

# The Citizen And Prevention Of Alcoholism

By Dale White Ph.D.

Condensed by  
Dave Alkire

From a lecture at the  
Intercollegiate School of 1962

**A**LTHOUGH THE TREATMENT of alcoholism lies within a fairly limited sphere, the problem of how to prevent the development of this disease is a responsibility which all of us as citizens must look at much more closely than we have done in the past and in much more detail. To reach it at its beginnings is important for several reasons:

First, on account of the demonic nature of the disease itself. There are few illnesses that bring to the patient the sense of guilt, the humiliation, the shame, the remorse, the bitterness, the rejection, and the ruin which the disease of alcoholism brings. There are few illnesses, for instance, where a man's family tends to hate him because he is sick. Even the family doctor often judges him negatively, without real understanding. The classic case is the one where the alcoholic called his doctor asking for help. In response, the doctor slammed down the phone and had him sent to jail.

The second reason is that the wounds go so deep. Even after healing the scars remain for life. Alcoholism usually takes a long time to develop. It grows during a man's early years when his family is small; this is the time when he is in his most serious trouble, the time of serious disruption to family life. It is estimated that twenty five million family members are involved immediately in the lives of the five million alcoholics in the United States.

As a more specific example in terms of mental health

---

Rev. Dale White, Ph. D., Washington, D.C., is a specialist in the field of Mental Health Counseling. He is related to the Methodist Board of Social Concerns. He has participated in many college and university seminars and discussions on this problem. He will be a speaker at the McMaster International School in August.



problems, here is a family of six where one of the parents is an alcoholic. Two of the four children evidence severe emotional difficulties, first severe neuroses, or more advanced psychoses, and finally alcoholism itself. In the process they have grown up and now have three or four children of their own. So we begin to magnify this in various terms to everyone as the evidence points to the way in which the family of each alcoholic becomes a tragic factory for the production of mental health problems.

The third reason why prevention should be of more serious concern to citizens is that the outlook in terms of treatment is very serious. This is not only true with alcoholism but with many other serious mental health problems. A bishop from one of our western states called me just a few months ago and said, "Can you help us? One of our pastor's sons has set fire to our parsonage two or three times. He has a severe emotional difficulty and the church has said that he has to be put away. The only way he can be put away here is in an institution where he will receive no therapy. He will be in the custodial care, probably, for the rest of his life. We want to know if there isn't an agency somewhere that can give him the therapy he needs." So we called up several institutions of mental health and checked into this and fortunately we did find one in Omaha where he could be sent. The State Mental Hospital in the state from which the bishop was calling had twenty five hundred patients and five psychiatrists. Two of the psychiatrists were involved in administration, so you see who was doing therapy.

Now we can magnify this all the way down the line in terms of family counseling facilities, child guidance facilities, and so forth. In place after place I talked with people who said they had a guidance clinic, and found that the waiting list was always one or two years. A young person who is evidencing emotional difficulties, especially alcohol addiction, doesn't need help two years from now, he needs it right now.

(Continued on page 108)

# Alcoholic Beverages In Our Society

## Recent Interpretations

News Report

From the Latest College  
Conference of 1962-63

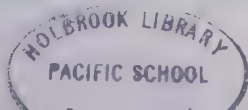
**P**LANNED AND EXECUTED by Dean Lawrence Riggs and his staff of the Personnel Department, DePauw University put on a "Conference on Alcoholic Beverages in Our Society" March 15-16. The opening session, a dinner on the first evening, was attended by 106 students selected and invited because of their relation to their leadership on the campus. Dean Riggs presided, and the film "To Your Health" was presented as the first program feature. Dr. R. Gordon Bell of the Willowdale Clinic, Toronto, Ontario, Canada, was the first speaker.

Dr. Bell discussed the basic approach of the pharmacologist to man's problems with chemical addictions. To cause addiction, a chemical must relieve some distress and produce a welcome effect, even when used in harmful quantities; and it must not be so toxic that the body will not tolerate it. Alcohol has these qualities—wood alcohol the first two but not the last. People who drink heavily and suffer little or no personal discomfort are a special problem. In the past, medical science has concentrated on the killers—germs and viruses—with notable success. The next new phase in medicine will be to deal with man's chemical addictions.

Dr. Albion Roy King gave the second address, "The Motivations for Drinking", showing the relation of addiction to the use of alcohol in meeting psychological needs, and the necessity for all controls on the use of alcohol to be cognizant of these motivations.

Saturday morning the group heard a lecture by Dr. Everett Tilson which related the current alcohol culture in America to the Christian ethic. In the Christian frame of reference, decisions must be made in the light of social responsibility and all material resources must be made to create spiritual treasure. Our current drinking patterns are a

April, 1963



101

symptom of our irresponsible sensate materialism and anyone who contributes to them becomes a candidate for the millstone around his neck.

In his second address, Dr. Bell interpreted his famous chart on the development of addiction in its physical, psychological, and social aspects, and the procedures which are employed in the Bell Clinic at Willowdale, Ontario.

Seventy-two students and faculty members participated in this session and the luncheon, which was followed by an address on "The Uniqueness of the College Community", by Dean Lawrence Riggs. All addresses were followed by lively exchanges between students, faculty, and lecturers. The questions of chief concern in discussion were the ethics of abstinence, of moderation, and the rules in college communities. Great frankness, genuine concern and sustained interest prevailed. The success of the seminar is a tribute to the leadership of Dean Riggs and his staff.

---

## Report Of College Visitation

1962 Through March 1963

By Dr. Albion Roy King

Student Sponsored Programs.

President of the Intercollegiate Association

**B**EGINNING WITH A CAMPUS seminar at Illinois Wesleyan University John Weistart<sup>1</sup>, president of the Student Body was chairman, and including Dr. Eugene Meier, chaplain, and Dr. Dale White of Washington, D.C., this two-day program focussed attention on "evaluations". I lectured on "Moderation and Abstinence as Ethical Principles", participated in a panel discussion, and conducted a class on "The Alcohol Problem in Russia". My other lectures were on "Russia", "The Dead Sea Scrolls", "Archaeology and the His-

---

<sup>1</sup>John Weistart attended the Intercollegiate School of Alcohol Studies at McMaster University, in August 1962.

torical Reliability of the Old Testament”.

There followed in rapid succession, somewhat similar programs at seven additional colleges in Illinois: The School of Nursing at Springfield Hospital; Carthage College, an assembly and two classes; Bradley University, a discussion group and a class; Southern Illinois University, an Ethics and two Health and Physical Education classes, and two Wesley Foundation sessions; McKendree College, assembly and a class; Greenville College, faculty and student Colloquium led by Dean W. Brock Brentlinger, 70 students and faculty; an evening with the Behavioral Science and Chemistry Clubs at Blackburn University; a total attendance of 1,124. All were very interesting meetings but I could not stay long enough at each college to go properly into the problem of alcoholism.

For ten October days I visited colleges related to the Disciples of Christ Church. At Culver-Stockton the program was under the direction of a student committee, led by Kurt Hoffman, President of the Student Government and Dean Althea Coleman; we had eight sessions, two assemblies and four classes, a total attendance of 902. At Bethany, West Virginia, we had an assembly with the upper class students on “Basic Information on Alcohol”, and two other classes, and one on “Dead Sea Scrolls”. The contacts with students and faculty members were very friendly but I noted a cultural difference; when one crosses a geographical line going east, or an economic line of sophistication, the use of alcohol is a sign of class status. Attendance was 404.

October 28-30 took me to Tougaloo College, Mississippi, for an inspiring time. President A. D. Beitel and Dr. Ernst Borinski, Sociology, were in the planning but the program was directed by a student committee, headed by Eddie O’Neal. We had eight sessions, one a class in anthropology, with a total attendance of 1,097.

At Teachers College, Emporia, Kansas, I had a Wesley Foundation program on “Motivation in the Use of Alcohol”, attendance 93. At Southwestern University, Winfield, Kan-

sas, I had the opening and the assembly addresses of a Campus Seminar arranged by President Orville Strohl, Dr. Dale White of Washington, D.C., and the chaplain, Dr. Harold Mulford, University of Iowa, and Dr. Karl E. Volding, M.D., of Wellington, Kansas, participated. Total attendance, 586. This session ended with an open AA meeting.

Totals for two months were 50 meetings and an attendance of over 4,400 students and faculty members.

### **Evaluations and Comments**

The real evaluation must come from the people listed above, for I am too deeply involved, but a frank statement of how I feel about it may be of interest, and the items below will reflect that conclusion in detail. You will agree that promotion of this project and demands it creates, are uphill sledding.

Everywhere college leaders are concerned about the problem, but it is not a popular subject; the competition for campus time and dollars is heavy. Promotion is the difficult part. When I get with students in a session there is nothing but encouragement.

The most encouraging thing seems to be that a change in student attitudes is occurring. Ten years ago and less, one never faced a college group with an alcohol theme without having negative reactions to overcome. On this trip I did not once feel that type of reaction. Rather the response has been one of genuine curiosity, though not deep concern. It does not speak a return to the period of aggressive dry sentiments, but it portrays a frankness about experiences with liquor which is new. The controversies and animosities of the prohibition era have faded into history for the youth of today. This promises a more fruitful discussion and perhaps pursuit of truth.

I sense greater difficulty with faculties. With few exceptions they are indifferent. They have not gotten over the emotional hangovers from the past. They have a very unobjective suspicion of the objectivity of even an objective pro-

gram and often have an aloofness to such remotely controversial issues as alcoholism.

Teachers of ethics, religion, sociology, and health education have shown definite interest. Alcoholism has properly become a problem of special concern to the latter. My own orientation to this problem was as a research student and teacher in psychology; I regard it today as a problem in psychology. The psychology department was involved with the Behavioral Sciences in my meeting at Blackburn. Dr. Bernard Oliver who teaches psychology had charge of my program at Chapman College in California last March. Otherwise I have seen no teachers in that field nor talked to any psychology classes. In a mood of cynicism (for I know my sampling has been too small for generalization) I wonder if psychologists have become so involved with rats that they forget their science deals with human beings.

Promotion and response seem to depend somewhat on geographic or cultural conditioning. As one moves east, or jumps to the west coast, or moves into a higher-income-bracket school, or a large university campus, the going gets tougher, even as the need is greater.

Discussion has been more fruitful as has contact with students, where the student government planned the program. A program handed down from administrative decision or sponsored by religious groups is not so productive, although in some places it seems to be the only avenue.

An adequate hearing still depends on having a captive audience in class room, assembly or delegated seminar. Yet, at two places, Culver-Stockton and Tougaloo, there was a surprising response in voluntary meetings after the initial presentation in assembly.

---

From January 1, 1963 through March, 21, Dr. King was engaged in similar one-to-three day College Campus programs in the following southwestern and central Colleges:

Philander Smith, Little Rock, Ark.; Hendrix, Conway, Ark.; Southwestern, Waxahachie, Tex.; Southwestern State



Teachers, San Marcus, Tex.; Houston-Tillotson, Austin, Tex.; Southwestern University, Georgetown, Tex.; Baylor University, Waco, Tex.; Howard Payne, Brownwood, Tex.; McMurray, Abilene, Tex.; School of Nursing, Methodist Hospital, Lubbock Christian College, and Tex Technical, Lubbock, Tex.; San Antonio, San Antonio, Tex.; DePauw University, Greencastle, Ind.; and MacMurray, Jacksonville, Ill.  
—Editor

## Planning A Campus Seminar

By Dayne D. Hassell, Jr.,  
Chairman of the Student Committee

Hendrix College  
Conway, Arkansas

February 13-15  
1963

UPON BEING ASSIGNED the position of chairman of the Campus Study, I selected 15 members of the committee, including a cross section of interested faculty members, the dean of students, and students representing campus organizations, various interests, and contrasting philosophies, especially concerning alcohol. We held two planning sessions, formulating objectives, tentative, and finally concrete plans, trying always to keep student needs in mind. We came up with a schedule of events which was submitted to Dr. King for approval and revision. I had a personal conference with Dr. King three days before our study to exchange ideas and insights.

On our campus especially, alcohol is a very emotional subject. I wanted Dr. King to be aware of all of the attitudes that would confront him.

The Campus Study of Alcohol took place according to schedule. The attendances at the meetings totalled approximately 850 to 900 students.

In briefly evaluating the Campus Study, my reactions are as follows: (1) It is very important that any study on alcohol, on the Hendrix campus at least, be as objective and



**Hendrix College, Chapel, Auditorium  
Conway, Ark.**

free of religious and moral connotations as possible. Dr. King was successful in fulfilling this facet of the program. (2) In this day and age, it seems to me that the average student is unusually critical and objective in his consideration of controversial subjects such as alcohol and alcoholism. For this reason, a study such as we had, demands a highly scientific approach. We were not able to fulfill this role as well as might be hoped for. (As you are well aware, a person who enters into a discussion with pre-formed ideas is likely to resist any approach except the strictly factual and scientific.) Many of our students fit into this category, and were therefore unable to accept and evaluate the facts as well as we might hope. (3) Most of all, however, I feel that the greatest benefit of our study was that it helped the students to realize that this problem of alcohol and alcoholism is one which can and should be considered in an intelligent manner; it need not be confined to the Sunday School room or the pulpit."

### **This Procedure Caught Attention**

The following student sponsored procedure caught the attention of nearly nine hundred at Hendrix College during the three days in February, when Dr. Albion Roy King,

president of the Intercollegiate Association, was at Hendrix College in February:

#### *First Day*

- Noon: The Committee takes Dr. King to lunch at the cafeteria.  
1:30 P.M.: Seminar with classes on a non-related topic—"Archaeology and Historical Reliability of the Old Testament," open to anyone.  
Dinner Session: Booster Club; officers of Campus organizations meet Visiting Speaker; learn his purposes, motivations and work; discuss aspects on the later program.  
6:30 P.M.: Seminar on a non-related topic: "The Dead Sea Scrolls"—Dr. King having spent two recent summers in archaeological research in Israeli; classes and a coffee hour.

#### *Second Day*

- 9:30 A.M.: Convocation in charge of Planning Committee; Address by Dr. King, "Basic Information on the Alcohol Problem of Today".  
10:45 A.M.: Coffee in Lounge; students meet Dr. King, discuss questions resulting from the lecture.  
Noon: Lunch in Cafeteria; a student inviting 6-10 others to meet the speaker and confer.  
1:40-3:00 P.M.: "The Psychological and Sociological Aspects of the Alcohol Question."; these classes attending. Student in charge.  
6:30-8:00 P.M. "The Physiological, Pharmaceutical and Medical Aspects;" pre-medics, athletes and a local physician.

#### *Third Day*

- 11:30 A.M.: Committee and speaker meet for evaluation of the program—which had brought the question to the attention of over 850, to whom previously it had been seriously controversial.

## PREVENTION OF ALCOHOLISM

(Continued from page 100)

We fully realize that alcoholism is like a building with many stories and to deal with it sensibly and honestly, we have to work on all of these stories together. However, prevention must be given much more serious attention than it has in the past few years. The record of cures, or so called cures is not good. This brings us to Cogwell's classic statement about building rescue stations at the bottom of the hill to take care of the people who fall over. Haven't we come to the place where we can see the need of building extensions which would keep people from falling over?

# Alcoholism Reflects The Recent Spread Of Drinking

**T**WENTY THOUSAND PEOPLE in Columbus are alcoholics; only one thousand have recovered sobriety," says a survey article in **The Columbus Dispatch**, February 24, 1963. The writer quotes Arthur Hinchcliffe, chief of the Division on Alcohol, Columbus Health Department as saying:

"National statistics indicate one out of every six alcoholics is a woman," but the writer adds that Mr. Hinchcliffe, "tends to think it's more like one to one."

Without intending apparently to suggest the occasion of this tremendous change in the background of women drinking today, Mr. Hinchcliffe says:

"This woman is not a skid row type." (Actually only one out of twelve come to the attention of the police, says the writer of the article, Jenice Jordan.) Instead, she is the young mother next door, the Sunday school teacher, the former high school beauty queen, the widowed grandmother."

This writer says that the woman alcoholic of today is a different kind of drinker, not the "explosive type", who goes on a spree of two or three hours as men do, but "fixes breakfast with the family, cleans the house, cares for her children . . . but every few hours has a certain regular amount of alcohol. She may not get falling-down drunk until late in the game. She is sick."

Generally Mr. Hinchcliffe points out that society condones drunkenness and when someone makes an honest effort to quit drinking, we make him feel like a heel ("Come on, just one won't hurt you . . . and perhaps it won't.")

---

In the perspective of history it seems clearly an achievement that nearly half of adult population in America does not partake of alcoholic beverages . . . the people who sell intoxicating beverages pay the temperance movement a tribute by spending billions on Madison Avenue schemes in an effort to sway the non-imbibing half of the adult population.—Dr. Albion Roy King, *The Christian Century*, March 8, 1961.

# Elemental Factors To Aid Understanding

## A Modern Approach - Free

**T**HERE IS at least one book that seeks to give an **all-over view** of the problems of Alcohol and Alcoholism as they come to nearly everybody in everyday living. And it does this in one easy-read, popular type, small-sized volume. This book can be of particular aid to one who is just beginning to study the problem - an elemental in colleges - and to others who want the **quick, all-over view it seeks to present.**

It is objective in its treatment of the subject, based on the modern scientific understanding of the problem and in harmony with the results of recent research.

The book is: **The Liquor Cult and Its Culture**, by Harry S. Warner, LHD, author of "Social Welfare and the Liquor Problem", editor of **The International Student** - and many books and monographs on particular aspects of the problem, all of educational character.

Note some of the chapter heads: "Origin and Questioning" regarding the sources of drunkenness; "The Urge for Alcohol"; "Alcoholism and Public Health"; "Alcoholic Release and Public Safety"; "Alcohol and Public Disorder"; "Alcohol and Personality"; "From Illusion to Reality"; and "Outgrowing Alcoholic Culture".

Comments regarding this book are as follows: "The best book of this type I have seen," Dr. Earl F. Zeigler, Philadelphia, Pa.; "No one writes on the subject with such cogency as Dr. Warner does," Dr. Earl E. Douglass, Princeton, N.J.; "A great help to our women's study club," Mrs. W. S. Love, Eugene, Oregon; "... takes a long view ... foresees an enlightened mankind putting away alcohol as a toy of its racial childhood." **Christian Advocate.**

A friend has recently made it possible to offer this book **FREE** to College Libraries, Student Reading Rooms, Directors of College Organizations and Students writing in the Roberts' Awards program of 1963.

# An Evolution In Understanding Of The Problem Of Alcohol

*AS REFLECTED by the college students and faculty members in successive generations, who have participated in activities to aid solution at different periods, between 1900 and 1962.*

## A Series of Historical Articles

By Harry S. Warner, LHD

### III

#### CENTERING ON ACTION IN 1914-1917

**T**HE THINKING AND ACTIVITIES of the Association, as an American college movement, keenly conscious of the rising swell of public opinion against the whole "Saloon System", from 1910 on, may be stated first-hand as it appeared in the report of the General Secretary, to the National Convention of the Intercollegiate Association at Topeka, Kansas, December 29, 1914 — an outstanding event in I.P.A. history. Quoting: "Having reached in the year just closing, two hundred and fifty-six colleges and universities, two hundred and thirty of which have active local branches and an enrollment of 6,500 members, it has left its influence this year on nearly half of the colleges of the United States."



Mr. Warner

"These active leagues included state universities and independent church related, and small colleges. Among the large schools were Cornell, Harvard, Brown, Dartmouth, Leland, Stanford, University of Minnesota, California, Wisconsin, Iowa,



Missouri, Nebraska, Ohio State, Kentucky, Georgia, Tennessee, Florida, and Washington." It was the most extensive and active intercollegiate organization of a civic character at that period in America.

"The influence of the movement in these and other educational institutions reached far beyond its membership. The speakers procured each year, the courses of lectures, the series of oratorical contests, the debates, discussions, open meetings, the courses of instruction initiated, often at the request of students, the activity of students in no-license and local option campaigns, the new books introduced into libraries, the educational program, and most of all, the personal work among students and the talks in conferences and chapels by the travelling secretaries sent out by the National Association, often twice a year, had been continuous through three generations of students.

### **Strategic Position**

In those years the IPA was unique in American college life. It was a movement of civic character that emphasized the moral responsibility of educated men in public affairs. It sought to turn the attention of students to prepare for leadership and service in the great problems of their own generation—to the liquor problem, as the one they surely would have to face in their day of public activity.

It educated, it appealed to the conscience, to the duty of personal service in reform. It furnished a definite field in which to apply the ideals developed in college.

Quoting from the report: "It belongs to this student generation; it must do its work NOW. This is the period when this great national issue must be met on a broad basis and fought out to a finish. The college prohibition movement belongs to today. It may not be needed as a college institution ten years from now. It will not be so needed, if it does what it should now."

### **Citizenship Clinics**

Many student leagues gained first-hand experience for themselves and greatly aided the cause in field activity, such

as anti-saloon, no-license and other campaigns, as poll workers, petition canvassers, speakers and as surveyors of social and political disorders connected with saloons in their own towns. They prepared this data for publicity and used their influence against drinking following ball games and at banquets. The number of local groups doing such work increased 30% that year.

The particular value of these activities was the experience with reality gained during the four years in which a student is occupied with textbooks and class-room. They became a good citizenship clinic that trained them to be practical in their after-college service to their community and state. For example in 1913 and 1914:

The Augustana College League, Rock Island, Illinois carried on for two years an investigation of the social conditions and political connections of saloons in Rock Island and published the findings for a local option campaign.

A Harvard group had ten men in a Cambridge no-license fight in 1914.

The University of Minnesota League studied local conditions and methods of anti-liquor propaganda.

California waged a three-year campaign against drinking on the campus and did away with the "beer-busts".

The Women's League at California organized its members to bring the "California dry" issue to the women's clubs of their home communities.

Ohio State started a movement in a Columbus suburb that carried the town "dry".

Wisconsin students took part in a big saloon fight in Madison.

DePauw students kept Greencastle "dry" at one election.

At Monmouth, Illinois, eight young men aided a successful anti-saloon campaign.

Asbury College, Kentucky sent fifty students to Frankfort to support a bill in the legislature.

Berea, Kentucky, had six men at work in nearby towns.

St. Paul College of Law aided a suburb "to go dry"!

Findlay, Ohio, had twenty in a local option fight.

Oregon Agricultural circulated a voters' pledge in town and college.

Willamette, Oregon, had a part in banishing saloons from Salem, the capital.

Gettysburg, Pa., had six in a county-campaign for several weeks.

Bridgewater, Virginia, sent teams of speakers and workers into fourteen towns.

### **Idealism in Action**

The vigor of spiritual dedication, sometimes a sacrificial devotion to the cause, that had marked the first decade from 1900 among college groups, spread widely and became more practically related to the state and national drives toward removal of the liquor traffic then going on. An illustration:

In southern California a group of forty students in 1914 led by Earl H. Haydock, University of Southern California, gave a summer and fall to the campaign that elected Charles H. Randall to Congress. "Every morning they would assemble at a designated center, hold an informal conference, study, classify and compare the experiences and difficulties of the preceding day. After prayer they would go in a body to a suburban town, or a section of Los Angeles to carry on their canvass. They would knock at every door and ask the voters to support the proposed state constitutional amendment to make California dry and vote for Charles H. Randall, Prohibition candidate for congress. They interviewed 27,000 voters, enrolling 20,000 of them." Randall was elected and was active for years in Washington.<sup>1</sup>

In the very active years after "Valparaiso", the leaders of the Association planned three large conventions, beginning with Topeka, as "West", the so-called "Prohibition Capital of the Nation," to be followed in two years by one in Lexington, Kentucky, as South, and two years later, at Cornell University, Ithica, New York, as East.

Far-reaching changes had been occurring after 1910; the

number of local leagues and their activity both in study and in field work had practically doubled. A national convention of church young people had flung out a slogan, "A saloon-less nation by 1920." The I.P.A. was not then ready to take that stand. Its leaders were divided, but the attitude of most of them, and of the members in the college leagues, while continuing local field service in the many activities against the saloon, felt that it would be wiser to concentrate much longer on basic education. To some of us that slogan seemed to be super-idealistic.

Then, in November, 1913, there was held in Columbus, Ohio, one of the greatest national conventions of the years. It brought together the leaders of all the temperance and anti-alcohol organizations of America to decide on mutual action. It was sponsored chiefly by the Anti-Saloon League, attendance five thousand, from every state in the Union. After four days of stirring public speaking, while committees were debating and making decisions, all day and until midnight, the Resolutions Committee, J. Frank Hanley ex-governor of Indiana, as chairman, presented a statement which was enthusiastically accepted by the convention: "We therefore declare for the national annihilation, by amendment to the Federal Constitution which shall forever inhibit throughout the territory of the United States, the manufacture, sale, importation, exportation and transportation of intoxicating liquors to be used as a beverage."

### **The Topeka College Convention**

Early in 1914, the Intercollegiate Association began to organize its previously planned convention for December of that year. It was called as a representative college convention to express the position of the Association in the growing public situation. The Valparaiso convention in 1910 has expressed the enthusiasm of the successful pioneer years; "Topeka", the more realistic, yet highly enthusiastic attitude that had come out of successful experience and larger visions of the future. It marked the high-point in the idealistic- emotionalism that marked the early years of the Association. It

was organized to encourage discussion, a relatively new convention technique, as well as to receive the inspiration and information that great speakers could bring.

The convention opened, December 29, 1914, with the two-year National Oratorical Contest with speakers from seven interstate sections. Earl H. Haydock, University of Southern California, won first honors, and Henry C. Jacobs, Hope College, Michigan, second.

Three Kansas Governors gave addresses of welcome — George H. Hodges retiring, Arthur Capper incoming, and John P. St. John, former, who was called "The Father of Prohibition in Kansas."

An outstanding address, "The College Student in Civic Affairs," was given by Dr. Charles M. Sheldon, author of **In His Steps**, a noted book of the century relating the personal leadership of a sacrificial minister who had devoted himself to changing social conditions in a great city. The circulation of this book, then and later, ran into many millions, exceeded throughout the world only by the Bible.

President Colvin brought to the four hundred or more students attending from California to New Hampshire an address on, "The Challenge of Today." Rev. Elmer L. Williams, called "the Fighting Parson of Chicago," who had been a member of our first student group at Gettysburg College, gave a realistic story of his fight with vicious politics in that city. Harry G. McCain, university secretary, spoke on, "The Challenge to Business and Social Welfare." Harley H. Gill, previous traveling secretary, spoke on, "The Challenge of the Student to This Generation," and Daniel A. Poling, vice-president, on "The Challenge of Patriotism." A letter of greeting was received from Hon. William J. Bryan, United States Secretary of State, and read by Elon G. Borton, Secretary of the Association.

There was only one lecture from the background of scientific understanding, "Alcohol and the Physician of Today," by David Paulson, Hinsdale Sanatorium, Hinsdale, Illinois. "The Women of Today" was the message brought

by Mrs. Frances E. Beauchamp, an outstanding civic leader of Kentucky. Dr. P. A. Baker, general superintendent of the Anti-Saloon League of America, centered attention on, "The Present National Situation," in which the trend toward Federal action had come to dominate public attention. Also Virgil G. Hinshaw, Chairman of the Prohibition Party, gave a parallel address from the viewpoint of the party.

The following resolution exemplifies the spirit of the convention:

In the future, as in the past, the greatest need will be for trained leaders. In every community, among all professions, in private as well as public life, there will be urgent need of men and women who can mould public sentiment and deepen conviction, clarify the social consciousness and vivify the public conscience.

Following the Topeka convention, the number of local organizations and average membership increased rapidly. They were now absorbed in gaining experience by participating in the campaigns that were centered in local and state prohibition.

### **First Ohio Campaign**

In 1915 at least 600 Ohio students, 50 of them co-eds, took part in the state campaign of that year to enlarge the vote for state constitutional prohibition. Teams of two, three, or four students each were formed and sent out by state or county management to hold meetings on the streets, in public halls, churches, and schoolhouses; they furnished singers, bands, and quartets for rallies; used stereopticons and posters; canvassed voters and got voters to the polls on voting day; and added the pep and ginger that stirred easy-going citizens to action.

Groups from sixteen colleges reported the following data: Number of students and teachers in field work without payment of any kind for service — 650; speakers supplied for 243 meetings; singers for 172; teams of two to four each for speaking 35; for music 39; student speakers 175; singers 189; women singers 52, students in personal calling clerical



work, canvassing voters, 255; at the polls on voting days, 128. Average number per college participating, 33. Statistics are understated, rather than overstated, since several groups failed to report.

The sixteen most active were: Adelbert, Western Reserve, Ashland, Baldwin Wallace, Defiance, Dennison, Heidelberg, Hiram, Lane Theological, Miami, Mount Union, Oberlin, Ohio State, Ohio Northern, Ohio Wesleyan, Otterbein, and Wooster. Others known to be as active did not report. Mt. Union, had the largest number participating from one college, over 100: A professor was chairman of the Alliance "Ohio Dry" committee; 50 worked at the polls on election day; 82 canvassed voters; two teams worked in the saloon district; speakers were supplied for 60 meetings and singers for 50.

At Western Reserve 25 men worked at the polls in the heart of Cleveland on election day; 14 canvassed voters and did other personal work.

Ohio State furnished 15 volunteer speakers for 17 meetings in Columbus and towns near the Capital.

Oberlin students made a record with 61 volunteers, three teams and individual workers; a professor coached the men; three quartets were active; nine students were speakers and 42 canvassed voters, worked at the polls or organized meetings.

Wooster offered two teams, who were out nearly every night for three weeks. Their program was reported to be the most effective of the campaign in Wayne County. Most of the time was given to three sections that previously had gone wet; they voted dry. Street meetings with stereopticons brought out the voters in small communities and the students did the rest. Twenty-five meetings were held by 15 men and 8 women, singers and speakers, 10 at the polls; 30 different students shared in this County program. A popular professor was coach.

A similar program at Ashland College was carried out by four teams of speakers and singers, 18 men and 16 wo-

men; street meetings from automobiles were promoted all over; "dry" propaganda parties were exhibited on the lawns of prominent citizens; these activities were led by a young professor. At Otterbein 20 students took part in 14 meetings; several times as many volunteered as could be accepted. Heidelberg supplied speakers for seven meetings; music for 10, two quartets, 8 in personal work, a total of 17 with the Seneca County campaign committee; voters both at the college and outside were instructed how to cast ballots. At Defiance young women led off; 35 students provided music for public meetings, twenty of them girls; altogether, 50 shared in the campaign, a professor as coach.

Baldwin Wallace where there were many students who had come from German and Polish families, gave pronounced support to the campaign. These students were among the most active in the state; they provided four teams, 20 men speaking, and 28 calling on voters. Every student with a vote was reported to have voted "dry".

Twenty-six at Ohio Wesleyan furnished campaign singing, 10 did speaking, 12 personal calling, total 48. Singers were supplied for a "County Dry Flying Squadron". There were so many experienced speakers in this community that only music could be the contribution of the students. Miami had six vote promoters in personal work and a faculty member as coach. Twenty-eight at Lane Theological Seminary plunged into the conflict in the "wettest" city of the state, Cincinnati, working at the polls as deputy sheriffs. Speakers were supplied for 44 meetings.

At Hiram, a college in a very small town away from saloon influence, 21 students participated, supplying speakers for 15 meetings and music in an automobile parade through the county. Denison equipped 20 meetings with speakers and singers.

Thus 650 students had a personal part in the 1914 campaign in Ohio; a realistic experience, meeting people pro and con and sharing in democratic action at the base. Sometimes they cut social affairs, slighted athletics or training and

doubtless missed classes. By "the laboratory method" they experienced practical politics at the point where the public expresses itself. But more, they thought of themselves while they did it as having part in the citizenship of the state on a controversial issue - whatever the vote might show in majorities or minorities.

### **The Final "Michigan-dry" Campaign**

In the summer and autumn of 1916, 600 students and faculty members participated in the state-wide campaign that resulted, in November, in a vote that adopted a prohibition amendment to the constitution of Michigan. In the previous spring a field secretary, Harry G. McCain, made a tour of the colleges, following sixteen years of annual visits by traveling secretaries of the Association. His purpose was to initiate a program similar to the one in Ohio the previous year. The manager of the United Michigan Campaign, Grant M. Hudson, gave a hearty cooperation and appointed Maxwell Hall of the I.P.A. as student manager. Max began in the summer and continued through November when Michigan "went dry" by a majority of 70,000 votes.

Carefully compiled reports indicated that 524 student and 44 faculty members, 13 universities, colleges and professional schools had shared in the campaign; about 32 per cent of these students were women. Nearly 100 more volunteered than could be used.

Thirteen colleges supplied volunteers: Adrian, Albion, Alma, Central State Normal, Ferris Institute, Hillsdale, Hope, Kalamazoo, University of Michigan, Michigan Agricultural, Michigan State Normal, Olivet and Western State Normal.

They held 115 meetings; furnished music for 106, teams 22, quartets 27, speakers and musicians together 318. The volunteers included 202 men and 69 women. Others did clerical work at headquarters, canvassed voters, watched at the polls for illegal votes, brought voters by auto to the polls and supplied enthusiasm for parades and public demonstrations; a total of 44 faculty members and 524 students.

A Hope college reporter wrote:

"The men's glee club at Hope accompanied a pageant to the five largest centers in the county drawing tremendous crowds. In Grand Haven, 1,500 attended; the crowd was so large that the floor gave way, but with no unfortunate consequences. Every school house in the county was visited."

A college band and 190 Albion students gave enthusiasm to a dry parade in Hillsdale; 300 from Ferris helped swell a parade in Big Rapids. Polls in several Michigan colleges showed that student opinion in favor of state prohibition was "overwhelming". Straw votes at the University of Michigan at Ann Arbor, Hope College, Kalamazoo, and Ferris resulted in 3737 for the dry amendment to 589 against it. Hillsdale, Hope, Michigan State Normal, and Olivet reported that every voter in college voted dry; Adrian, all but one; Michigan Agricultural, 90% were for the amendment. At Adrian, the Dean of Women enlisted girls for clerical work at the county headquarters. The Alma League took charge of sending out sample ballots. A Central State team held meetings throughout the rural districts—everywhere these programs were a delight to the communities. Ferris furnished 88 workers, eight of them faculty members, five speaking teams, five quartets. From Hope 75 volunteers visited the 115 school houses of the county.

At Kalamazoo 87 assisted in canvassing unknown registrations, distributing literature, driving autos, furnishing speakers, and musicians.

Getting the students to vote by mail was the most effective work at the University of Michigan. Over 120 were lined up for various kinds of work, and a training class was conducted for speakers. More could have been furnished had they been needed.

The State Normal College at Ypsilanti contributed 33 workers, 8 were members of the faculty. In addition to three speaking teams and three quartets, Olivet furnished an orchestra.

Faculty and students worked hand in hand at Western Normal School, Kalamazoo. The student body was canvassed

to find eligible voters; faculty members used their cars to carry voters to the polls and others helped in clerical and personal work. A typical celebration at the State Normal College Ypsilanti was staged: "On Wednesday night after the victory was assured, 300 students, got one of the big water wagons of the city and put on a 'regular' dry celebration. We stopped at every saloon in town. One saloonkeeper showed fight. Best of all, another saloonkeeper came out and told us with all sincerity, and, I believe, honestly, that he voted dry. He had a son and a brother who had begun to go down through the influence of his business."

Maxwell Hall, director from the Intercollegiate Association, visited the colleges constantly, addressing and organizing, securing the co-operation of faculties and outlining programs for particular localities. High testimony to the character of the work done by the college people came from Grant M. Hudson, Superintendent of the Michigan Dry Campaign committee, who reported:

"Mr. Hall rendered most valuable service indeed, and the entire campaign conducted by your Association throughout our institutions has been of the very strongest character. We shall expect not only immediate results, but in the years to come shall look for leaders from these institutions in various fields of life endeavor who will push the battle on to its final consumation."

### **The Lexington Convention**

AN ALL-TIME "high" in the experience of the Intercollegiate Association, while cooperating closely with the great anti-alcohol movements of the immediate pre-prohibition period, was our National Convention at Lexington, Ky., December 28-31, 1916. Student delegates from 25 states and 128 colleges— 650 of them— from Dartmouth and Harvard to Southern California and Willamette, Oregon—expressed both the enthusiasm of the general movement in 1915-16 and activities of the organized groups in the local colleges. A special train from Minnesota picked up delegates through Chicago and Indiana enroute.

There were two great underlying trends in the situation of those years—the steady advance of the anti-liquor movement toward national action, as shown by the rapid gains being made in local and state “dry” territory, and the election and re-election of men to Congress on National prohibition issues, and after this date, the increasing fear that the United States might be drawn into the war in Europe.

Continuing the spirit of the Topeka Convention two years earlier, the theme of “Lexington” was “Answering the Challenge of the National Movement”. A noted Kentucky orator, Col. George Bain, in his flowing Southern style greeted the delegates, saying:

“The South is going dry. You from the North came down and lifted the yoke of slavery off us; now if you don’t be careful we will return the compliment by going up and lifting the yoke of drink off you.”

After the public session the first afternoon, with the Mayor of Lexington, Major Rogers, Col. Bain and William Jennings Bryan as speakers, the convention gave first attention each morning to sectional conferences, led by I.P.A. secretaries on the program of the Association: “Study of the Problem,” by Dr. D. Leigh Colvin, president; “The Oratorical Contests,” Samuel W. Grathwell; “The Deputation Activities,” Mark R. Shaw; “Public”, John L. Warner; “Alcohol and Athletes,” L. C. Reiman, top athlete at the University of Michigan; “Activities in the Large Universities,” George Stewart, Yale; “College Women and Their Work”, Mamie White (Mrs. D. Leigh) Colvin; “Students in State Campaigns”, Maxwell Hall; “State Officers”, Elon G. Borton; and Harry S. Warner, “Relation of the Association to Other Organizations”.

The outstanding addresses included those by Presidents E. E. Sparks of Penn State and W. A. Ganfield of Centre College, Ky.; Charles Stelzle, expert in Labor Relations; Dr. Winfield Scott Hall, Northwestern University, physiologist, and Dr. Daniel A. Poling, Vice President.

### **The Second “Drive” in Ohio**

Soon after the great enthusiasm of the great Lexington



Convention, and the launching of a greater program, the attention of all college students as well as the public, became steadily absorbed in World War I, that had been going on in Europe for nearly two years. Canada had been fully involved. The threat to the United States from German submarines seemed intolerable and the danger to shipping became critical. In April 1917 the United States declared war on the Central Powers in support of France and Great Britain. Soon our field secretaries and officers began to be called into military service. But the coming of war only added new reasons and deeper concern toward reducing the role of the liquor traffic in public affairs, and the use of intoxicants by the public, in military camps, and the Army and Navy. Heavy and heavier restraints were laid on the sale of alcoholic liquors, to be followed by various forms of restriction and prohibition, including, a little later, by a movement to conserve food material to "win the war".

Parallel with this situation in 1917, and in continuation of longstanding plans—but with a new and burning motive added—the leaders of the Anti-Liquor movement with all shades of difference in opinion as to method, united to press again for state constitutional prohibition, and free the state from the burden of heavy drunkenness and the waste of the traffic—a long-time struggle in the Buckeye state.

Seeking to have a part in "making America strong at home", while members of their own college classes were already in training camps, more than a thousand students in the autumn of 1917 took personal part in the state-wide campaign that resulted, November 6, in the reduction of the previous "wet" majority of 555,000 to 11,137—a decisive advance for the "drys". Two years later, state prohibition was adopted by a heavy majority.

Utilizing the experience of the campaign two years earlier—before the war—the Ohio State Intercollegiate I.P.A., had begun preparation at their convention at O.W.U. in April. Earl F. Baum of Ohio State, president, and Elon G. Borton of the National Association, proposed to enroll

30 teams of singers and speakers, provide outlines for talks, and the aid of a secretary from the National Association before the opening of college in the fall, to coordinate the college teams with the activities in the counties and cities. In September, the new president, Glenn F. Foster, also of Ohio State University, visited the colleges, prepared instructions and briefs with scientific and moral arguments on taxation and the liquor laws. All the colleges from Lake Erie at Painesville, a women's college, to the University of Cincinnati, were visited by Secretary Mark R. Shaw, President Colvin of the National Association, Otto Moerner and W. Willard Hall, recently of the University of Mich. who had been employed as student manager, by Supt. White of the Ohio Dry Organization who gave financial aid. Organization had begun in April, with 125 students present from colleges all over the state. But by September half of those who volunteered had been called into the Army.

Detailed reports at the end of the campaign in November showed that 960 students had taken part in field and headquarters activities, organizing public meetings and taking polls. Several colleges known to be active did not report—thus the estimate of 1,000 total is a conservative one.

More student work was done in the large cities in this campaign than two years earlier, where a greater change from "wet" to "dry" was noted when the votes were counted. "Vote getting" was the specific purpose of the students of Western Reserve in Cleveland, Lane Seminar in Cincinnati, Ohio State in Columbus, Bonebrake and Central in Dayton and Wittenberg in Springfield.

Baldwin-Wallace at Berea, a suburb of Cleveland, sent teams of Slavic, German and other foreign students to interview voters of their language groups in Cleveland. At Ohio University, Athens, 20 students gave service on election day — 50 were in the campaign. A young woman, chairman, kept the headquarters at Athens filled with college girls. Thus a total of 1,500 hours of political activities were given by the students of Ohio University.

# INDEX

Volume 60; September 1962—April 1963

Alcoholism and the Family, Herman E. Krimmel .....	71
Alcoholism Today Reflects the Recent Growth of Drinking .....	109
An Evolution in Understanding of the Problem of Alcohol, Harry S. Warner .....	51, 77, 111
Are College Drinking Rules Effective, Lawrence Riggs .....	37
Bartlett, Susan H.; Without Strict Enforcement Drinking Rules are Useless .....	20
Brown, Edith Petrie; Seeking Removal of one Source .....	2
Chlebnikow, Ralph; My Kingdom for a Haircut .....	6
Colleges Attempt to Regulate Drinking, Carolyn Ann Wiley .....	10
Colleges are No Exception, Jonna Meyer .....	7
College Drinking Rules; Part of our Education, Theodore E. Geis .....	18
College Drinking Rules, Jerry H. Parsley .....	14
College vs. Alcohol, Sandy Dean .....	67
Cultural Antecedents of Alcohol Consumption, Carl A. Nissen .....	14
Dean, Sandy, College vs. Alcohol .....	19
Defacto Behavior at Off-Campus Functions, Graham Clark .....	101
DePauw University Conference on Alcoholic Beverages in Our Society .....	15
Drinking Dilemma, Janet Gardner .....	51, 77, 111
Evolution in Understanding of the Problem of Alcohol, Harry S. Warner .....	15
Gardner, Janet, Drinking Dilemma .....	7
Geis, Thomas E., College Drinking Rules Part of Our Education .....	47
Golden Silence, A; Patricia Wootan .....	106
Hassell, Dayne D.; Procedure in Planning a Campus Seminar .....	51, 77, 111
History of the Intercollegiate Association, Harry S. Warner .....	22
Holtz, Judith; The Waste of Empty Rules .....	30
Image Makers, The; John Linton .....	48
Intercollegiate School of 1962 .....	102
King, Albion R.; Report of College Visitation, 1962-63 .....	9
Kiuba, Joyce; Rules and the Student .....	71
Krimmel, Herman E; Alcoholism and the Family .....	63
Krimmel, Herman E; Returning to Normal Lives .....	30
Linton, John; The Image Makers .....	10
Meyer, Jonna; Colleges are No Exception .....	23
Mr. Kingdom for a Haircut, Ralph Chlebnikow .....	67
Nissen, Carl A., Cultural Antecedents of Alcohol Consumption .....	18
Parsley, Jerry R.; College Drinking Rules .....	106
Planning a Campus Seminar, Dayne D. Hassell, Jr. ....	99
Prevention of Alcoholism, Dale White .....	106
Procedure in Planning A Campus Seminar, Dayne D. Hassell .....	102
Report of College Visitations, 1962-63, Albion R. King .....	63
Returning to Normal Lives, Herman E. Krimmel .....	13
Richards, Louis I.; The Rubber Bars .....	37
Riggs, Lawrence; Are College Drinking Rules Effective? .....	16
Roberts Editorial Writers of 1962 .....	13
Rubber Bars, The; Louis I. Richards .....	9
Rules and the Student, Joyce Koubs .....	

Scope and Purpose of Beverage Alcohol Studies, Wayne W. Womer . . .	35
Warner, Harry S; An Evolution in Understanding of the Problem of Alcohol . . . . .	51, 77, 111
Waster of Empty Rules, The; Judith Holtz . . . . .	22
White, Dale; Prevention of Alcoholism . . . . .	99
Wiley, Carolyn Ann; Colleges Attempt to Regulate Drinking . . . .	6
Without Strict Enforcement Rules are Useless; Susan H. Bartlett . . .	50
Womer W., Wayne; The Scope and Purpose of Beverage Alcohol Studies . . . . .	35
Wootan, Patricia; A Golden Silence . . . . .	47

---

## THE 1963 INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES, August 24-29 McMASTER UNIVERSITY, HAMILTON, ONTARIO

### A FORECAST OF THE PROGRAM

"THE NATURE AND EXTENT OF ALCOHOLISM", and "The Multi-Faceted Approach of TODAY," by *Dr. Marvin A. Block*, of the American Medical Association.

"ALCOHOL AND THE HUMAN BODY", and "Cultural Patterns Related to Drinking," by *Dr. R. Gordon Bell*, The Bell Clinic; special lecturer at the University of Toronto and at five previous sessions of the Inter-collegiate School.

"COLLEGE RULES AND DISCIPLINES", Dean of Men, *Laurence Riggs*; Depauw University; a lecture and Senior Seminar, outgrowth of recent surveys and analysis of the Roberts Award papers, written by college students last year on "College Drinking Rules; Are They Accomplishing Their Purpose?"

"PSYCHOLOGICAL MOTIVATION", and "Basic Information"; *Dr. Albion Roy King*, President; lectures and a Senior Seminar discussion leader following his visitation in eighteen colleges and universities since September.

"THE WORLD SCENE", *Dr. John Linton*, Director of the Canadian National Federation and Vice-President of the School, who has recently studied the problem of alcoholism in Russia, Poland, Turkey, and other European countries.

"THE SCOPE OF THE PROBLEM", *Dr. Wayne W. Womer*; full time lecture and discussion leader among colleges, high schools, and churches; Secretary of Alumni, Yale (now Rutgers) School of Alcohol studies.

"DEVIANT BEHAVIOR RESULTING FROM ALCOHOL", *Prof. Paul L. Selby*, College of Law, Ohio State University.

"DRINK PROBLEMS AND THE CITIZEN", *Dr. Dale White*, Washington, D.C.; experienced counselor of young adults and students.

You are cordially invited; come! Bring a student or two. Registration \$10.00; room and meals \$32.00. For program and enrollment, write the INTERCOLLEGIATE ASSOCIATION, 110 South State Street, Westerville, Ohio.

Harry S. Warner, General Secretary

The international student

v.60  
1962/63

DATE DUE

THE F

Spons

of

VICE PRESIDENT  
11 Prince Arthur Ave.  
Toronto 5, Ontario

110 S. State St.  
Westerville, Ohio

2 1935Z 2A-1S  
PACIF.SCH.OF RELIGION  
LIBRARY-1798 SCENIC A  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

September,  
1963

## *Journal of Alcohol Studies*

### *In This Number*

"His Special Kind," the  
first Honors Editorial  
of 1963 ..... 1

"Alcoholism and the  
Family;" the second  
honors editorial ..... 6

Roberts' Awards of 1963;  
International ..... 7

Decisive Factors in the  
Problem Today ..... 12

College Drinking Attitudes  
and Trends of a Half  
Century ..... 13

"Don't Blame Me — I'm  
Sick" ..... 30

v. 61  
1963/64

democracy  
something  
per than  
erty; it is  
responsibility"



81329

v61  
1963/64

# THE INTERNATIONAL STUDENT

EDITED FOR THOSE WHO THINK—or  
*Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

September, 1963

Vol. 61, No. 1

---

## THE SPIRIT OF "McMASTER" 1963

"Seek the Truth—  
Come Whence it May  
Lead Where it Will."

**T**O SEEK AND FOLLOW a better understanding of the basic truths about Alcohol Problems as we confront them today, seemed to be the underlying motive of the college students and leaders who participated in the Fourteenth Annual Intercollegiate School of Alcohol Studies of the Intercollegiate Association, at McMaster University, Hamilton, Ontario, Canada, August 24-29, 1963.

In a new and *rapidly growing spirit of cooperation among younger people* who come from different backgrounds the desire for basic understanding led to the recognition of a sense of unity that calls for service from various and many different approaches.

We agreed to agree—where we agree;  
To "disagree agreeably," where we disagree,  
And to serve together, whether we agree or disagree.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
110 South State St., Westerville, Ohio.

# His Special Kind

By Carol Landkamer, '65

First Honors  
Roberts Awards of 1963

College of Saint Benedict  
St. Joseph, Minn.

**H**IS NAME IS MARK PEOPLES and he lives on Popular Street, a name usually found in the middle or upper-middle class section of town. He is a special kind of person who is perhaps the vice-president of a small, but thriving, business concern in our flourishing little town, or he is a department head of a company in the large city, depending on which of our Mark's we are talking about. But his special kind is found all over, although only a small per cent — about 3% — is found on Skid Row. That's what makes Mark's special kind so tragic! He is a successful businessman, has a lovely wife and three children, a nice home and more than a few luxuries. But he is a marked person. You see, Mark Peoples is an alcoholic.

No one really knows why Mark began drinking — maybe he had more problems than anyone else, maybe he was overworked, or maybe he just plain liked it. The point is, Mark soon started coming home late for dinner, the children's bedtime was consistently on the earlier side, and more often than not Mark and his wife quarreled rather than ate. Mark's drinking was a huge blow to his young wife. She began to worry a lot, became nervous and upset with the children, and behind all her speech and actions a constant wonder over her husband's, her children's, and her own well-being nagged at her. She got so she had arranged her life into an entirely new schedule, according to when she expected Mark to appear in a drunken stupor, mainly so that she could protect the children from seeing their father as such.

But the children were not dummies. The first indication they had that something was amiss was their mother's whole reaction and attitude toward them. She tried to remain the same and mother them as she always had, but in her constant worry and anxiety over their protection, she had become

changed to them. She was not always successful in shielding them from Mark's behavior either, and it wasn't too long before the children realized why their mother had changed. As a result, Mark was not only subject to numerous quarrels with his wife, but also, to the rejection of his own children. They no longer respected him, nor did they feel any obligation to obey the commands of a perfect stranger in the house. When Mark's wife had to find employment, due to the increasing lack of money, and this being her only outlet since all social engagements were now out of the question, this had a real devastating effect on the sense of security and love in the children.

Mark Peoples represents an estimate of 5 million alcoholics in the U. S., 2 million of which are unrecognized as such. Needless to say, this staggering number of 5 million includes a good portion of the female sex too — about 850,000 in number. So, lets reverse the story a little and suppose that Mark is a successful businessman who still lives on Popular Street and is married to sweet and chic, young Anne Peoples, who is an alumna of the University. Anne loves her husband and three children very, very much — but she has trouble proving it because she is an extremely sick woman. Anne is an alcoholic.

Anne Peoples' family knows she is an alcoholic, although they have difficulty in the facing the problem. Her husband is quite expert in telling himself and her that she is just a heavy drinker and that she can control herself. The children do a good job in covering up, too. Mommy has headaches or she isn't home today when callers come, and never, but never, do they invite any friends home. Hiding Anne from the world is the sole project in the family — in all else they are split from one another. Anne herself is pretty good at deception, too. She has awfully good hiding places for those extra bottles, she can slip an extra measure of liquor into her drinks without being noticed, and her lies to her friends and relatives get more convincing every day — at least to her.

Anne's husband suffers tremendous anxieties and worries over his wife's sickness, but perhaps the greatest pain of all is watching what it is doing to his children. To say the least, the youngsters are emotionally disturbed. They just can't figure out what kind of a place they hold in the family any-

more. One minute their mother lavishes attention on them, is kind and helpful; the next minute they are utterly rejected and hear nothing but nagging orders and sharp words. They don't realize that Anne is afraid of them and for them, but that she cannot do anything about it. Again, the children can only see a stranger in the house. As a result, their whole pattern of living becomes strange. They lie, deceive, turn away in shame — all for a woman they no longer respect. She is tolerated, to a certain point, and in many cases the children become victims of broken homes.

What happens to these children who, through no fault of their own, are socially different and in many cases internally inferior to their companions? For years they were subject to neglect and poor care, never receiving a full measure of affection. What does happen? Perhaps Mark Peoples' children will be of the more lucky set who grow up recognizing alcoholism, as a sickness and problem, and can face the world, making a good life for themselves. But perhaps they will fall into the 30-40% of children who follow along into the path made by either father or mother. The parental example and environmental strain is too much for them and they, too, turn to alcohol to "solve" all their problems. Often this doesn't happen 'til they have reached college age, but the potentiality is always present, the example is present, and one opportunity is all that is needed.

Yes, his name is Mark Peoples, or any other name you want to choose from the 5 million, and he does live on Popular Street, or any other street that ranges from the luxurious avenues of New York to the streets with the tumble-down buildings of Skid Row. He has a wife, three lovely children, a nice home — and yet he is a special kind of person. Mark Peoples is special, Anne Peoples is special, the three children are special — each in a different way. Each one's life is disrupted, changed, lacking. Each is alone, feeling very much isolated from anyone else in their problem. But all of them, particularly the alcoholic, are potentially capable and intelligent citizens. Our concern is to find a way to help them be such citizens.

---

SAFETY SLOGAN: "To be safe on the 4th don't buy a fifth on the 3rd." Catholic Digest—July.

# Alcoholism And The Family

By Clare D. Callahan '66

Second Honors,  
Roberts Awards of 1963

Acadia University  
Wolfville, Nova Scotia

**T**HE ALCOHOLIC IS A SOCIAL liability in every area of life—in industry, in the professions, on the highway, and in the neighborhood activities. The most damaging impact, however, is on the family because they are exposed to the emotional and economic effects of the illness every day of their lives.

Usually the initial reaction of the family is to deny the drinking difficulties. Spouses and children resolutely close their eyes to even the most persistent evidence that social drinking is becoming problem drinking. Neighbors gossip without understanding and the children's friends are cruel in their taunting. This denial unintentionally allies the members of the family in a conspiracy with the alcoholic because his own need to deny is so overwhelming. The difference is that in his frantic search for reasons to drink he masters the skill of shifting the blame and finds those reasons in what he regards as intolerable faults of the family. He justifies his drinking because his wife is an impossible shrew, accuses her of infidelity, but his drinking makes him even less attractive as a partner, thus making things worse. He feels a need for stimulants because his fiendish children are incorrigible and seem determined to make his life miserable. The real reason probably lies in his inability to accept the responsibilities of a family life. Excessive drinking in some men, for example, can be traced to the birth of their first child, when his pride was overcome by panic.

Many times, innocent members of the family by trying to share the burden of guilt, are playing right into the hands of the alcoholic. The wife is repeatedly called upon to present a lie to their friends and to his boss, to cover up her husband's illness. Eventually, serious illness or economic collapse breaks down this wall of silence and pretence.

(Continued on page 11)

**First  
Honors**



Carol Landkamer

**Second  
Honors**



Clare D. Callahan

## **Robert's International Editorial Awards of 1962-63**

By Becky Wiard, Otterbein College, '66

**T**HE HIGHEST INTERNATIONAL HONORS in the Twentieth Annual Roberts' Editorial Writing Program of the Intercollegiate Association for the past college year have been awarded to Miss Carol Landkamer, College of Saint Benedict, St. Joseph, Minnesota and Clair D. Callahan, Acadia University, Wolfville, Nova Scotia.

The Roberts' Awards for 1962-63 offered \$2,000 in cash and eight scholarships to the Intercollegiate School of Alcohol Studies, at McMaster University, to undergraduates in the colleges of Canada and the United States. The Association added an offer of scholarships to all "Finalists", twenty-seven, out of about 700 who had submitted papers. Not all of these could attend the School, but four did, including Miss Landkamer, to share in a week of advanced study of the Problems of Alcohol Today.

From the editorials written on the theme, "The Role of Alcoholic Beverages in the Family", Dr. George A. Douglas, professor of sociology and a specialist in family relations, East Carolina College, Greenville, North Carolina, selected the



eight winners in his capacity as top international judge.

On October 22, Dr. Douglas and his wife, Vera, will begin to circle the globe with a ship-load of selected college students enrolled in the University of the Seven Seas. Dr. Douglas will be teaching sociology courses among which is a seminar on world social problems in which he anticipates giving attention to the alcohol problem around the world. For two years, Dr. Douglas was a field secretary for the Intercollegiate Association.

Miss Landkamer, first honors winner, was awarded a cash prize of \$200 at the closing banquet of the Intercollegiate School to which she was given a scholarship as an additional prize from the Roberts' Memorial Fund. Miss Landkamer, who will graduate in 1965, entitled her editorial, "His Special Kind."

As second honors winner, Mr. Callahan was awarded a prize of \$100 and a Roberts' Memorial Scholarship. Mr. Callahan, who will graduate in 1966, wrote his winning essay on "Alcoholism and the Family."

A student at Central State College, Wilberforce, Ohio, Miss Donna Fay Brooks, '66, won third international honors, a cash prize of \$50, and a Roberts' scholarship for her paper entitled, "Ask Me, I Know."

From the University of Utah, Salt Lake City, Miss Margaret Rampton, '63, won third honors and Miss Jody King, '65, won fourth honors. Miss Rampton wrote on "Alcoholism in the Family — The Woman Alcoholic," to win the \$50 third honors prize. Graduating with the highest academic average in her class, she spent the summer in Israel on an Experiment in International Living grant and will be entering Harvard as a graduate student this fall. "Is Drinking Worth It?" was the editorial which won Miss King the \$25 fourth honors prize. Each received a Roberts' scholarship. This is the second time in the 20 years of the Roberts' Program in which there were two top international winners from the same college.

Other winners of fourth international honors — a \$25 prize and a scholarship to the Intercollegiate School — were: Miss Carol Anne Dean, '63, Lambuth College, Jackson, Tennessee, "Alcohol Does Affect the Home"; Miss Lee Ann Sprinkle, '63, Eastern A & M College, Wilburton, Oklahoma, "Child of an Alcoholic"; and Jerry Porter, '63, Langston Uni-

versity, Langston, Oklahoma, "Teenage Drinking in Modern Society."

All other international finalists were offered scholarships by the Association to the Intercollegiate School. Both the Association's and the Roberts' scholarships included room and meals for the week of the School and were valued at \$32 each.

On the local level there were approximately 750 papers written, but only about 500 were submitted for judging. Central College, Wilberforce, Ohio, had 150 papers written on the local level, but submitted only 20 for judging. The College of Saint Benedict, St. Joseph, Minnesota, entered 96 editorials for the year's high from one college out of the 113 written at the local level.

The Roberts' Editorial Awards, sponsored by the Intercollegiate Association, are made possible by a fund established by Logan H. Roberts, one of the earliest leaders of the Association and has been continued by his son, Donald H. Roberts. Through this project, thousands of students in the United States and Canada investigate and write, as an assignment in a college course, and begin thinking for themselves about the problems of alcohol in human living.

## THE 27 INTERNATIONAL FINALISTS

*Arcadia University, Wolfville, Nova Scotia*

Clair D. Callahan, '66

Barbara Cook, '66

*College of Saint Benedict, St. Joseph, Minnesota*

Carol Landkamer, '65

*College of Saint Mary of the Springs, Columbus, Ohio*

Susan Kidder, '63

Connie Remlinger, '65

Karen Shuttler, '64

*Central State College, Wilberforce, Ohio*

Donna Fay Brooks, '66

*Drexel Institute of Technology, Philadelphia, Penna.*

Marsha S. Berkely, '64

Gerald L. Boorse, Jr., '63

Robert Clinton Murphy, '63

Norma H. White, '63

*Eastern A & M College, Wilburton, Oklahoma*

Lee Anne Sprinkle, '63

*Lambuth College, Jackson, Tennessee*

Carol Anne Dean, '63

*Langston University*, Langston, Oklahoma  
 Jerry Porter, '63  
*Louisiana College*, Pineville, Louisiana  
 Gladin Gorin Scott, '64  
*Louisiana Polytechnic Institute*, Ruston, Louisiana  
 Edwin E. Walker, '66  
*Mercer University*, Macon, Georgia  
 Tyron Elliott, '64  
 Samuel Benton Gunter, '63  
*Midland Lutheran College*, Fremont, Nebraska  
 Michael J. Horacek, '63  
 Eileen M. Rittler, '64  
*Northwest Christian College*, Eugene, Oregon  
 P. A. George, '66  
*University of New Hampshire*, Durham, New Hampshire  
 Donald Gerrish Craig, '64  
*University of Utah*, Salt Lake City, Utah  
 Jody King, '65  
 Margaret Rampton, '63  
*Westfield State Teachers' College*, Holyoke, Mass.  
 Jacqueline Desrochers, '66  
*West Virginia University*, Morgantown, West Virginia  
 Johnna Gail Barto, '63  
 Janet Peluso

## MAKING THE AWARDS AT THE COLLEGE LEVEL

West Virginia University, Morgantown

By Quintus C. Wilson, Journalism

to

Johanna Gail Barto, first, Janet Peluso, second.



## Alcoholism and the Family (Continued from page 6)

Alcoholism and sex problems have a very close relationship. The rejection of the drinker's wife and impotence often lead to alcoholism; alcoholism, whatever the cause, very often leads to impotence. Thus causes and effects of the one often can be considered effects and causes of the other.

However, it is the children who are most susceptible to damage and since approximately two-thirds of the married alcoholics have children, their problems are of utmost importance. It is difficult for a child to weather life in the family of an alcoholic without some distortion of values. At best, he may see his father's role nullified and usurped by the mother. At worst, he may witness or even be the victim of verbal and physical brutality. He may see his father beat his mother for reasons he cannot comprehend. He may see or hear the crudest manifestations of sexuality and his own attitudes may be shaped by this. Stability is almost nonexistent to the family of an alcoholic. Children are constantly faced with unpredictable parental attitudes and the alcoholic parent is inclined to swing between behavior that is gross and maudlin, between generosity and equally unreasonable harshness. The broken promises and disappointments can be almost unendurable. For children there are divided loyalties and often they are used as weapons by warring parents. They feel rejected by the alcoholic parent because "if he really loved me he would stop drinking."

The effects of an alcoholic mother are even worse than those of an alcoholic father. It is often possible for the mother to shield the children from the full impact of the situation if the father is ill. But, in the case of the alcoholic mother, the problem is much more difficult because of the closeness of the children to their mother. Children are resilient organisms. Many devise serviceable defences against pathology. But many do not and we keep thinking what the home-life of a seventeen year old boy must have been, when he has just reported the suicide of his alcoholic father with a feeling of obvious relief.

The new medical designation of the alcoholic as "sick", and his alcoholism as a "sickness", arouse both a new sense

of concern about drunkenness and a hope for its reduction because of the advances being made in public health today. The alcoholic needs care and medical treatment, not punishment as violators of the code of their group, Alcoholism, today, is one of the four greatest health plagues, and recognizing alcoholism as a matter of health, and the alcoholic as emotionally, mentally, and sometimes physically ill, gives the problem a decisive place in public health. It is no longer a problem to be dealt with by temperance groups. As a subject of public health this illness must be studied and treated now as are other scourges to health; its sources sought, its "carriers" identified, and its prevention and cure undertaken scientifically.

---

## Decisive Factor In The Problem Today

By Albion Roy King, Ph.D.

**I**N FACING THE LIQUOR issues in 1963 we admit that the decisive factor is not the legal system, but the kind of culture that the people have.

This word culture the sociologist uses to cover the patterns of belief, the habits and attitudes of people, their taboos, restrictions, sanctions, and positive values, by which their whole character is portrayed and determined. Culture is something which is absorbed in the primary social group by imitation and example, rather than by rational teaching, though some of that may be involved. We are a pluralistic society, even a state like Iowa.

But across the country as a whole there are two general types of alcohol culture which may be pointed out on the statistical table; one is a geographic distinction and the other is an economic-class distinction. The eastern seaboard states, all except Maine and the Carolinas, have a high per capita consumption and high rates of alcoholism, compared to the middle-west and southern sections. There is an economic-class distinction because the use of high content liquors has become a badge of class status. States with concentrations

of the upper-upper and upper-middle classes of people consume more liquor. This can be seen in the figures of the resort states, like Nevada and Florida. Nevada is the mecca of the gambling class; they are an economic class. Florida, a southern state with a native culture which is traditionally dry, has become one of the high alcohol consuming states for a similar reason.

---

## College Drinking— Attitudes And Trends of Half a Century

By Harry S. Warner

From a  
forthcoming book<sup>1</sup>

**I**N THE DECADE IN which the Intercollegiate Association began its career of idealistic service, 1900-1910, **two deeply divergent trends**, relating to the use of alcoholic beverages, stood out high among the socio-political problems of the period.

One was the strong, growing and militant movement, based on conviction and experience, that the public sale and distribution of intoxicating liquors had become an intolerable burden on public safety and welfare, a continued source of drunkenness and debauchery that called for heavy legal restraint and finally removal, by law. The rough experience of a century that gave substantial support to the demand for removal had begun as "the temperance movement."

The other was the tradition of ages, deeply involved in the mores and folkways of the many nationalities that "the melting pot" of America had been steadily forming into the "American" of today, the almost-universal customs of Colon-

---

<sup>1</sup>An Evolution In Understanding Of The Problem Of Alcohol AS REFLECTED by the college students and faculty members in successive generations, who have participated in activities to aid solution at different periods, between 1900 and 1962.



ial years and the growth of a powerful industry and its influence in public affairs that seemed to have frustrated every previous attempt to restrain, prevent or end the too-well-known excess of alcoholic drink.

In general — but not in particular — these divergent trends were prevalent and characteristic in the college life of 1900. They reflected the cultural patterns of the social groups, classes and religious backgrounds from which each student had come, rather than college traditions as such, with the exception that in the Eastern universities and select schools, the traditions that had come from English universities and German university culture had considerable weight among undergraduates and much more among instructors and earlier graduates. But these trends were very divergent from those in the small colleges, the church-related and independent colleges and some of the state universities, generally, throughout the country. In many of these, drinking customs never got a start because of the legal restrictions and the moral and religious influences under which they were founded.

### **The Custom after 1900**

But in the eastern universities the questions were very different. An investigator in 1903, after intensive research, talking with students and professors and examining discipline records, reported that as many as 90% of the students at one eastern university drank in their freshman year, 95% in their senior year and that 15% drank heavily. He said:

I have been around to the other universities to a considerable extent as a manager of two of the university athletic organizations. At Princeton, it is beer, beer, beer — the body of students, in my mind, drink even more than do the Harvard men. At Yale, Drinking is recognized to so great a degree that clubs have their tables at the barrooms. And, at some of the bars, the students carve their names in the table.

The table tops were preserved as souvenirs of the year on the walls of the saloon and new tops put on for another year of names.

At Cornell, the conditions are somewhat the same, although I do not believe Cornell students carry their excesses

as far. At Columbia, there exists more debauchery on account of the resorts of the city.

Answering sensational criticisms in 1911, a writer in the **Boston American** said that on "official figures" the proportion of students who drank at the university mentioned was 56 per cent in 1908; 1909, 59 percent; 1910, 45%; and 60% in 1911.

Commenting on the excesses that appeared all too frequently a Wisconsin news writer, in 1909, said:

The drunken student, vomiting, uttering four language . . . open nastiness of vocalization which almost justified recourse to the shot gun . . . And our 88 or 90 saloons, what part are they playing in this humiliating business?

The big games were a frequent occasion for alcoholic festivities. Following a Georgetown-University of Virginia game, 1913, the **Washington Star** reported that "the police worked overtime gathering up nearly a hundred young drunks who had to put up \$10 or sleep in a cell."

In 1915, a writer in the **Harvard Crimson** stated that 75 percent of the students joined in the drink customs of the university. Liquid refreshments were the rule at class functions and the non-drinkers, a minority, were compelled to help pay for the beer which they declined to drink. One of the militant few protesting in **The Crimson** against this forced wetness wrote. "It is not class meetings alone from which many are excluded through an unwillingness to make themselves conspicuous by their abstinence."

On the West Coast, the customs of the East had long been combined with those of pioneer days and the mining camps of the "gold rush" years. At the University of California, "wet" celebrations were held in San Francisco away from the campus. The banquets often ended in smashing dishes, throwing steins and men under the table. An old ferry boat on the Bay became a drinking center for student clubs. "Beer night" around the "Big C", on the hillside above Berkeley, was an annual sophomore "beer-bust" celebrated in defiance of rival teams before the big games. Kegs of beer were rolled to the top of the hill, the class and its friends spent the night

guarding and drinking. Yet, the President of the University, in 1912, stated that 70 per cent of the students were abstainers; the trouble came from the 30 per cent who "run things."

### **The Break From Tradition**

But the decades 1900 to 1920, were marked, also, by increased questioning and serious conflict over alcoholic liquor and its social and economic consequences. Students and faculty members in all parts of the country and in all but a few of the more conservative colleges shared in it. The place and significance of the whole tradition of alcoholic beverage in human life was being challenged as never before in history. The colleges, no less than the country, as a whole became "liquor minded" as a result of a century of struggle against drunkenness and the saloon. The social and community implications of alcoholic indulgence became important. The attention of millions turned toward the never-ending crop of degraded manhood and neglected childhood found wherever drink selling and drink customs prevailed. Students and professors in increasing numbers, as well as others, were **interested in doing something about it.**

The two divergent trends continued side by side: (a) In the conservative and socially influential college communities, old traditions and practices were popular, although increasingly questioned. A change had begun similar to that in the smaller and denominational institutions. (b) In practically all other colleges and universities, especially those in the Central and Southern states and among a minority group of students and faculty members in the conservative schools, an aggressive attitude developed that had its outlet in local and state efforts to restrict or banish the legalized sale of intoxicants.

The influence of college drinking in forming life habits and the way these habits worked out later received study at this time. At Dartmouth, a seminar class under Professor Charles F. Emerson, about 1916, studied the personal histories of the members of classes graduated between 1869 and 1879. The effects of alcohol were traced over a period of 35 years.

The number of men at graduation was 320. Of these, 29 per cent used liquor while students; 71 per cent did not. After 35 years, it was found that of the college liquor users, 59 per cent were living — of the college non-users, 78 per cent were living; or stating it another way, 41 per cent of those who drank while in college had died and but 22 per cent of the abstainers had died in 35 years.

### **Types of Excess**

These trends illustrate conditions in some of the colleges in "the old days." The types of excess were:

1. The openly recognized celebration or consolation drinking bouts after the big games when restraint was removed, training broken, and large numbers present.

2. The campus-edge hang-outs with tables for clubs and fraternities, German fashion. The student saloon, with its pictures, tables, and steins expressed imported customs. But at only a few of the larger universities and technical colleges did "beer night" gain standing as a feature of class, fraternity, departmental, or group sociability.

3. The use of small, rather polite amounts of wines and liquors prevailed much more widely at social functions. Faculty affairs often set the example for this sort of drinking.

4. Ordinary saloon and barroom drinking often continued late at night. This was the greatest source of trouble. Saloons near the campus appealed to student, fraternity, class and other groups.

### **Freedom Gained to Refrain**

In the larger colleges, after 1910, the freedom of individuals to refrain from drinking at social functions and retain standing came to be recognized. The number and variety of gatherings that depended upon alcohol for entertainment decreased. Banquets and parties depended less on liquor as an aid to wit. Many fraternities "went dry". The celebrations after games continued to create both alcoholic enthusiasm and consolation; bootlegging against faculty, student body, and legal restrictions was abundant; downtown saloons, where they had not been voted out, retained their student patronage. But on the average, in large colleges and small,

even where old traditions remained strong, the frequency and popularity of liquor was declining. Academic customs supporting it were losing prestige. In their place there was growing, as in the "freshwater colleges" earlier, a sense of social concern and the conviction that alcoholic drink would soon be out of date and should be eliminated from modern college life. In hundreds of universities and colleges, students and teachers were taking active service in efforts to reduce the community and state evils of the saloon and the liquor industry.

A poll of Yale seniors in 1913, as to personal practice, revealed 155 abstainers to 128 users in the class. In 1915, Irving Fisher, Yale economist, wrote, "So far has the anti-liquor movement in the colleges proceeded that a man who frankly opposes its use is more respected than the man who condones it."

At Central Western universities such as Michigan, Ohio State, Indiana, Minnesota, Nebraska, and Kansas, the social affairs were largely free from the sentiment that favored the use of intoxicants at banquets and dinners. Regulations against drinking in saloons were severe. At the University of Missouri, it was reported that drinking was practically eliminated by the removal of saloons from the city. At Illinois, in 1912, the student vote was largely responsible for removing the saloons from Urbana and Champaign.

### **Vote Dinners Dry**

At the University of Michigan, a student movement in 1916, led by a popular left tackle, included the creation of opinion for better college standards, law enforcement in the city, and stricter abstinence among athletes. After that date, the boast of a football captain ten years earlier "that I can drink my whole team under the table" was succeeded by the new scientific policy of no drinking by athletes.

A dramatic contest in student opinion against drink customs occurred at the University of California in a three-year campaign begun in 1910. Sophomore night at the "Big C" on the hill above the campus was a noted event. Sophomores had the responsibility of guarding the letter from encroaching

Stanford men, who each year attempted to paint it red. Kegs of beer were provided to keep the guards awake. But the class of 1910, the majority non-drinkers, attempted to substitute coffee, sandwiches and doughnuts. Nevertheless, after midnight the beer arrived. The next day a reaction began. Within two years the students opposed to liquor carried by a vote of 627 to 138 an amendment against the use of intoxicants at any banquet, dinner, supper, luncheon, rally, smoker, or social event given by any student organization at the University of California.

A similar struggle at Cornell University to remove drink traditions from student activities centered on the annual Junior Feed, held usually away from the campus where liquor facilities were abundant. After a series of efforts over four years, the organized student opposition won their campaign. In addition, by circulating petitions, securing speakers and personal activities they helped carry through the state legislature a bill that removed the saloons from Ithaca.

A student movement of several years that had as much influence outside the University among alumni as it did inside, took place at Yale where drink traditions were hoary with age. Beginning with a group studying the problem, attitudes grew stronger from year to year; many definite steps were taken. Some of the fraternities banished the use of liquor in their houses. In 1915, after three months of discussion, the senior class of Yale College voted, 115 to 101, to discontinue liquor at their graduating party. By another vote of 169 to 51 they dropped liquor from future class reunions. The graduating class of Sheffield Scientific School took similar steps. These steps were followed by an appeal to Yale alumni to approve what the undergraduates had done by eliminating alcohol from their own class celebrations. This appeal to the alumni by the Committee of Seventy-One, which included leading football, crew, newspaper and senior class men was signed by William Howard Taft, Yale, '78 and mailed to 12,500 alumni.

### **Eastern Universities Retain Traditions**

But even during this high-water mark period in the col-



lege anti-liquor movement, there remained in the eastern universities and colleges, attended by young people from the so-called "privileged" families and groups, drink traditions which continued with little, if any, change.

The questioning attitude toward alcoholic drink that had grown for three-quarters of a century in America became aggressive in the average college and in minority groups in the universities long before 1917. Many forms of drinking were losing caste, except in limited circles. In the older colleges, although the trend was in the same direction as shown by the vote of the Yale seniors in 1918 to discontinue liquor at class and reunion parties, the hold of established customs and the influence of alumni and wealthy families with well-stocked wine cellars who regarded themselves as privileged, continued as a restraining force in opposition to the anti-liquor trend and the laws after their adoption.

### **Legal Banishment Period**

**1920 — 1932**

Writing about the situation after the adoption of national prohibition, Professor Charles H. Warren, of Yale, reported in 1926, after six years observation, that "the fraternities have never been so dry as they are today. The last prom dances were the cleanest I have attended in many years. I think there is less drinking now than ever in the history of the University." "The effect at Yale has been good," said Professor Charles C. Clark, who made it clear that he was not a prohibitionist. He added, "I know for I have been a member of the Committee on Discipline . . . In the old days our Committee was constantly busy with cases involving intoxication and the disorders originating from it. Now we have practically no business of the kind . . . in the old days we rarely troubled ourselves with a case of mere intoxication if it had not resulted in public disorder." These changes had occurred in a college in which the prevailing sentiment continued to be wet.

A survey of college deans in 1922, by Professor F. S. Southworth, brought answers from 471 of the 486 addressed.

Of these, 308 reported that there had been no increase in the consumption of liquor under prohibition, 134 reported a marked decrease, 16 that there had been no drinking before or since, and 13 that there had been an increase. Professor Southworth concludes:

Over 85 per cent of the colleges with over 87 per cent of the students thus reported a marked decrease or no increase, and of those reporting an increase not a single one attributed it exclusively to prohibition.

### **A Fraternity Survey**

To obtain a direct expression from students, Dr. Samuel Plantz, President of Lawrence College in 1923, sent a list of 12 questions to 500 fraternities in 350 colleges in all parts of the United States. He reported:

To my questionnaire I received 112 replies. Of these, 62 said there had been a decrease in the use of intoxicating liquors since prohibition; 14 said there had been no decrease; 7 said they did not know, and the rest gave no answer. The 30 who claimed an increase, or no decrease, or that they did not know, were in large universities mostly in the East and South, although the far and middle West were represented.

To the question about what proportion of the men in your institution, according to your best judgement, use intoxicating liquors, 33 gave 10 per cent; 17 gave between 40 and 50 per cent; 5 gave between 50 and 60 per cent; and 14 gave between 60 and 90 per cent . . . it was usually added that this meant not habitual drinkers, but those who indulged occasionally as at banquets and jollifications. It will be noted that the information derived from the fraternities is not nearly so favorable as that derived from the college deans and presidents.

### **Problems of the Period**

After 1920, many students had the impression that on the liquor problem little remained to be done. But as the difficulties of enforcement and the changes implied in social customs and conduct became clear and illegal dealers, boot-legging and moonshine, extended their technique for obtaining profits out

of illegal traffic, interest again became active. This naturally took opposite forms: (1) Support of the outlawed customs, evasion and disregard for the new laws; (2) Support of the new regime, discontinuance of old traditions and customs, and efforts to strengthen public opinion toward non-alcoholic sociability and law observance.

The picture of what happened in the colleges under prohibition has two sides, both of which contain facts and truth in widely varying degrees. It will be years before a sufficiently objective comment can be made. But this much is clear to those of us who had a part in that movement:

First, on the one hand was the drinking, at first surreptitious, later more open, the purchase of liquors by fraternities and clubs from bootleggers, the pocket flasks at celebrations, and dances. The newspapers of 1921 to 1930 were full of sensational reports about student drinking; stories of carousals on the trains carrying students to inter-university games, federal agents in the guise of college fans, students within an auto drive of the Canadian border who helped pay college expenses by importing and bootlegging, were spectacular news features of the period.

Second, on the opposite side with little or no publicity, but widespread in fact was the action taken by students themselves. At the University of Illinois, October, 1923, a meeting of 3,000 students voted to sustain prohibition, oppose drinking, and petition alumni, in anticipation of the annual homecoming games, to leave hip-pocket flasks at home. A declaration to do so, signed by students, was sent with the usual invitation to alumni. The *Illini* wrote, "We want to look back on the Homecoming not only as the best in spirit and crowds, but as the cleanest." Student bodies at three other great universities took similar action against the practices of their own "old Grads."

At the University of North Dakota, the students took action against illegal selling on the campus, reported violators to the officials with the cooperation of fraternities. Massachusetts State reported a decided growth in student opinion

against drinking, the movement originating in one of the fraternities. At Kalamazoo College, in a student referendum of 300 votes, 3 were for repeal, 64 for wine and beer modification, and 263 for a stricter enforcement. A mass meeting of 2,000 women at the University of Wisconsin voted opposition to drinking. They circulated a petition to Federal authorities for action against the sources of intoxicants to students. A Mt. Holyoke student referendum expressed college opinion as opposing drinking and favoring prohibition; 765 votes were cast, 82 per cent of the student body. Results: 660, 88 per cent "dry"; 53.7 per cent, favoring wine and beer; and 41.5 per cent "wholly wet." The Russell Sage student association took a "decided stand against violation of law and use of intoxicants at social affairs." At Michigan State Normal, the 450 men in a student body largely women, took a collective pledge of abstinence.

The idea of student women drinking hardly existed. A poll of 100 college editors, 1926, indicated "that drinking among students has declined in recent years" in the opinion of the majority of student editors. In one university, five fraternities put out of chapter houses visiting alumni who brought in liquor. At Carnegie Tech, the Student Council recorded itself as favoring the 18th Amendment. The Student Council at the University of Arizona took action against booze parties, a student found drunk to be expelled. At Macalester College, 425 students in assembly voted to let their anti-liquor attitude be known in no uncertain terms. The Wooster College Self-Governing Association voted a \$25.00 fine for first offense drinking, and dismissal for second. The Indiana Interfraternity Association voted unconditional support of the 18th Amendment. At the University of Southern California, the 1925 Washington's Birthday celebration, 3,000 attending, adopted a resolution for prohibition and for student action against disregard of the law. Penn State Student Council, 50 members, representing a student body of 3,400, heartily endorsed the public enforcement officers. Dartmouth govern-

ing body announced that it was, "Vigorously opposed to drinking in Hanover and wherever the name of Dartmouth is concerned." A University of Tennessee men's mass meeting voted, "Not to tolerate drinking by students at public or private social functions." Denison Student Association, 1,000, expressed hearty accord with the law, condemned all attempts to violate it on the campus or country at large. Brown University Student Governing Body gave "emphatic and vigorous opposition to bootlegging and drunkenness." Washington State Association of Students recommended to the administration the expulsion of students having intoxicants in possession or under influence of such. Brigham-Young student body, 1,100 voted, except for 1 per cent, favoring the 18th Amendment. The University of Nevada's **Sagebrush** reported, "It would be safe to say that approximately 3 per cent of Nevada men drink . . . In four years of observation I have known only five women out of a student body averaging 700 who drank."

### **Marked Decrease the First Ten Years**

A newspaper survey in 1924, tapping two responsible sources in each college, the President of the Student Body and the leading Dean, in 224 colleges and universities, had as its purpose to learn whether there was more drinking among students at that time than before prohibition. The answers were: More, 5; less 128; never a problem 97. A representative of a large book company who was constantly visiting campuses, observed: in 1925: "Boozing is decidedly not popular on the college campus today. (1925) College sentiment is against it. In many universities it is emphatically taboo, not because the faculty forbids it, but because student leaders will not have it."

### **Seeing Both Past and Present**

At Wesleyan University, Connecticut —

The college authorities state that there has been an entire change in attitude of the students and faculty toward drinking so that at the present time, 1924, they have only about one disciplinary case a year in a body of 600 students. And, for a

student to be known to drink liquor at all, is immediately followed by serious disciplinary measures . . . There is, however, some clandestine drinking, especially associated with return alumni and the fraternity life.

At the University of Illinois, Dean of Men Thomas Arkle Clark said that drinking in saloon years was "much more general" and "much less talked about." The saloon was the rendezvous for large numbers who made it a week-end loafing place. He adds, "Not many students learn to drink after they come to college."

"There is perhaps more talk about drinking in colleges now than twenty-five years ago," said President Arthur S. Pease of Amherst, but "the frequency and degree of drunkenness has been greatly reduced."

"During the eight years that I have been Dean of Men at West Virginia, I have attended more than 300 dances. There is a steady decline in the number of students who drink at these affairs . . . Now the liquor breath is a decided exception at even our big dances," says Dean H. E. Stone.

Professor Clarence P. Gould, Western Reserve University, said; "As a source of cases of discipline, drinking has fallen from a major problem to one that is almost negligible."

Dean William L. Machmer of Mass. State, on the strength of his connections with the student discipline committee for thirteen years, said that conditions were better in 1930 than in 1920, adding; "A drunken student is seldom seen on the campus. Our formal dances are so free from liquor that the administration does not view their coming with concern. This was not true before prohibition" and "class and fraternity banquets now are absolutely free from liquor."

"Twenty years ago, when I was a student," said Dr. Charles J. Turck, President of Center College, Kentucky, "the pastime of drinking a man under the table was frequently indulged in. As one of the few abstainers, I regularly expected to take some intoxicated friend home and my expectations were seldom disappointed. I recall the surprise I felt when I first attended a "dry" banquet, the 1910 national convention dinner of my fraternity . . . Now there is some drinking, of



course, but the banquets are dry, the dances are dry."

A poll of 100 college editors in 1926 concludes that, in the opinion of the majority, "drinking among students has declined in recent years," and that such as remains is by those who "think to put feathers in their caps if they can bespeak a bootlegger."

"My observation twenty-five years ago was that it was the exceptional student who did not take a drink now and then," said a Dean of Men at West Virginia University in 1925. "Today conditions are reversed and it is the exceptional student who drinks. The few who break over cause the talk."

"It has been six months since a student has been before me for violating the liquor laws . . . there is not one one-hundredth the drinking among the University (Michigan) students today that there was during the days of the saloon," said a judge of the Circuit Court at Ann Arbor in 1927. A barber at the edge of the campus who shaved students thirty-five years reported: "Students used to come into my shop drunk, would have to be taken out of the chair . . . It has been three or four years since there has been a drunk student in my shop."

### **Preponderant Vote**

"Out of 7,800 students, 88 per cent are in favor of prohibition," commented the **Chicago Post** on a 1926 referendum by Professor R. L. Mott of the University of Chicago. The survey covered 37 colleges and universities; 12 per cent favored repeal and 41 per cent modification. "This overwhelming proportion is divided only on the question of how its enforcement may be made most effective."

On the whole, it seems clear that drinking and drink customs were more nearly absent from college life between 1918 and 1930 than at any other period in the history of the country.

### **Reaction Underway**

Between the years 1929 and 1933, questioning of the situation under national prohibition became sharp among students, as elsewhere. It related to stricter or modified en-

forcement, or repeal. Law evasion, bootlegging and rum-running, rather than drunkenness were the spectacular factors in the experience of the young men and women of this period. Very little change had occurred in student drinking. Attitudes were changing more rapidly than practices.

Most significant are the opinions of college deans in 1930, on the edge of the repeal movement, who had been in college continuously as students or teachers during both the saloon and the prohibition periods. They probably more than any other group had first-hand experience on which to base conclusions. Representative statements, omitting colleges in which drinking problems were few in both periods, are as follows: "There is much less drinking among students than there was fifteen or twenty years ago. But, the results cause more comment," said C. J. Sambower, Dean of Men at Indiana University. "Out of a student body of four thousand, not more than one per cent are habitual drinkers. Moreover, drinking among students is declining. The amount at present is distinctly less than it was five years ago."

After 1932, however, indications that students were shifting their support away from prohibition, where it had remained for twelve years, show in a survey by J. H. Barnett with the cooperation of experts and college authorities, including 409 of the 426 accredited colleges at that time. The questionnaire was sent to each fifth name on the senior class lists. The returns, 3,250, constituted 40% of those sent, indicated that seniors in a ratio of 2 to 1 were by 1932 opposed to prohibition or favored changes equivalent to reversal. This change seemed to correspond to that which occurred throughout the country.

It is significant that, whatever the reasons, this ratio was in striking contrast to the attitudes discovered by Mott and Cortright in 1926, after the first six years of prohibition. The survey of Mott, University of Chicago, concluded that 88% of 7,800 students, in 1926 in typical colleges favored the national liquor banishment.

The Barnett survey of 1932 brought out, also, that changes were taking place in **drinking practices** as well as

thinking. Drinking was spreading, but not at all as rapidly as wet opinions: For example; "Of the 1,280 males who drink, 328 list themselves as drinking once a week or more frequently, and 74 out of 309 females who drink, list themselves as drinking frequently. This gives a total of 402 seniors drinking once a week or more frequently out of 3,250 who replied. This group is 12 per cent of the total, which is a relatively smaller proportion than has been commonly accepted as representing the facts." Or, briefly, in this last and very worst year of the prohibition policy only one out of eight college students was drinking as often as once a week, while more than 50 per cent were non-drinkers. This it may be added that the reports "reveal that seniors who drink infrequently are apparently anxious to be considered drinkers."

### **Resurgence in College Drinking**

In the period of unrestricted distribution of liquors that followed repeal of the prohibition policy, renewed availability, changing social attitudes and other factors resulted in more popular use by nearly all segments of the population, including students, than can be found in any previous period. Individuals and groups that disapproved drinking in earlier years, as well as those formerly taking it as a matter of course, seem to have felt a sense of relief from social, moral, and legal restraint.

Never before in North America have young people been brought so fully into contact with easy-flowing quantities of liquor and in so many ways as those now available, in the grocery, restaurant, roadside lunchroom, tavern, club, and hotel. Both new and ancient customs have gained influence. To drink has become "the thing to do."

In the small and middle-size colleges and in many universities, this trend is in sharp contrast with the trend of the preceding half century both under saloon and no-saloon regimes. Drink customs are prevalent in church-related and other colleges where they had been taboo for generations.

## A 1937 Survey

Seeking information on the spread of drink, soon after repeal in 1937. **The Literary Digest** published the results of a comprehensive study of what it called "a great boom in student drinking."

The report showed a wide drift away from abstinence and toward alcoholic sociability in conduct and in opinion. We read that 303 reports from colleges indicated that drinking had increased since repeal and 60 that it had not; 373 to 111 stated that liquor is more available in college communities than before; according to 267 sentiment is favorable to "temperate" drinking; 18, indifferent; and 185, "teetotal." In a word, "student drinking is on the increase everywhere" but with "relatively less drunkenness"; in 24 colleges drinking is acknowledged to be a problem and in 483 it is not so regarded; and "to drink at a gentleman" rather than heavily or not at all, is now the ideal. The conclusions reached were based on a questionnaire sent to 1,475 colleges, including in each faculty members and students, the head of the college, and the college editor. The 645 replies represented 581 colleges of every type, sectarian and non-sectarian, large university, small college, and junior college.

Another survey of scientific worth was made by Professor Paul Studenski, New York University, between November, 1936 and May, 1937. It included students, white collar workers, and settlement house youth in and near New York City, the largest share being college students. "Of the 2,379 persons covered in this study," said Professor Studenski, "83 per cent reported that they drank occasionally or regularly either hard liquor, or beer, or wine. Only 17 per cent were complete abstainers. No marked difference has been discovered between the percentages of drinkers among the young men and young women, respectively.

---

Alcohol is a wonderful preservative. It will preserve anything but health and happiness and keeps anything but secrets.

—BILL LEWIS.

# "Don't Blame Me --- I'm Sick"

Edward J. McGoldrick, L.L.B.

An excerpt.

Director of Bridge House,  
New York City agency for the  
rehabilitation of alcoholics.

**T**HE EXCESSIVE DRINKING OF the alcoholic is no more a disease than stealing cars, bad temper, resentment, jealousy, drug addiction, selfishness, prejudice, or a host of other irresponsible habit patterns of reaction . . . those vagaries of conduct so typical of all of us.

These blocks to successful living can be removed as they were erected—by the use of the mind—by radical changes in mental attitudes, the causes of behavior.

My twenty years' experience in this field, consisting as it does of helping thousands of alcoholics from all walks of life, constrains me to emphasize with all of the vehemence at my command, how essential it is for members of the medical profession, social workers, clergymen, judges and others dealing with the alcoholic, to discard once and for all this dogma of sickness. Let's get hold of our common sense, sit back and reflect upon what undoubtedly most of us already know, but have been a bit careless in applying; that an orderly, responsible and decent society is based upon the indispensable premise that individuals are self-accountable and self-responsible for their behavior; that this behavior is instinct with ethics and morality. Why, then, insist on mouthing what appears to be a vested interest piece of propaganda, which redounds ultimately to the ruin of a fellow human being?

To say that alcoholics are sick is only part and parcel of that kind of thinking which is all too prevalent today—the kind of thinking that insidiously gnaws away at the principle of personal responsibility by allocating the blame for anti-social behavior to the myth of "illness."

Alcoholics have no peer when it comes to lying. This is understandable because it is the movement of the mind in its

---

This article is from "Alcoholism and Personal Responsibility," in *Canada's Health and Welfare*, March 1963. Director McGoldrick writes from twenty years experience as a lay therapist; he is with the Department of Health, New York City.

attempt, at all costs, to justify the excuse the "ego" or "me" from any wrongdoing, to avoid admitting self-fault. All of us, not only our alcoholic colleagues, have this tendency, and this tendency is understandable as we learn that this movement of our minds is an attempt to escape the psychological pain involved in what I call "face-up-to-itness."

This principle of personal responsibility is not only a therapeutic essential for the alcoholic and all society, but this bulwark is a prepotent requisite for our democratic way of life. That which is psychologically terminal in our milieu, must be nipped in the bud, else the whole structure comes tumbling down. All of us should have our intellectual flit gun ever at hand to spray those who carry around the psychic bug of sickness as an excuse, not only for excessive drinking but for other forms of irresponsible and reprehensible behavior.

As the eminent psychiatrist, Dr. Thomas S. Azasz, says: "Mental illness is a myth. Psychiatrists are not concerned with mental illnesses and their treatments. In actual practice they deal with personal, social and ethical problems in living." Dr. Azasz continues: "I have argued that, today, the notion of a person 'having mental illness' is scientifically crippling."

Let all of us, when we meet with this sickness dogma, dispel this propaganda fog and look at this alcoholic for what he or she is—pitiable and pathetic, certainly—a flop and a failure, actually. And not a person to be coddled or wet-nursed, but a fellow human being who has been avoiding the psychological pains of life by resorting to the artificial heaven of a drug and, consequently, indeed purposefully, acquiring and establishing a habit pattern of addiction.

Another psychiatrist, Dr. Jane N. Higbee, says: "In my years of dealing with mental and emotional problems, I have found that treatment of alcoholics is frustrating and usually less than successful. It is my belief that nothing less than placing the responsibility for drinking squarely upon the shoulders of the individual involved, is the only sensible step in approaching the problem."

In conclusion, may I call to the reader's attention what I have written in my book, *MANAGEMENT OF THE MIND*, Author's Preface, page XIV: "I make no claim to exclusive



therapeutic efficiency. I am in favor of anything that will help those who need help, be it by pill, preachment, diet, injection, or what have you. I do insist that the final test of any therapy must be: has it enabled the individual to face his problem with courage and independence, to choose his solutions freely, rationally and constructively, and to accept full responsibility for his choice? No treatment for the distorted personality is worthy of consideration if it merely substitutes one set of symptoms for another; as I see it, the easygoing but drunken businessman who becomes the bigoted, intolerant crusader has not been cured of anything."

What was done by the mind of the alcoholic, can be undone by that mind.

---

## **Free to Libraries that Do Not Have It**

### **The Standard Encyclopedia Of The Alcohol Problem**

The only Reference Work of its kind in existence  
SIX LARGE VOLUMES, covering the various phases of one of the most talked-of problems of the present age. Fully illustrated throughout, this Encyclopedia brings to the student a cross-section of the history, uses, and abuses of alcohol from the beginning of civilization.

7000 TOPICS TREATED      1500 ILLUSTRATIONS

**Reliable** recognized as authoritative wherever the drink question is discussed. Bound in Blue Library Buckram. Size 7x10 inches; about 500,000 words in each volume. **Sale Price \$40.00.**

The number available is very limited.

The offer is made possible by special funds contributed for this purpose.

**The Intercollegiate Association**  
110 S. State St., Westerville, Ohio.

2 1S35Z 2A-1S  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AV  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Journal of Alcohol Studies*

### *In This Number*

A Three-day Campus Seminar .....	35
Why They Do What They Do .....	36
Teen-age Drinking: Whose Responsibility? ..	38
Seeking Removal of One Source .....	40
An Evolution in Understanding .....	42
Intercollegiate School of 1963 .....	48

University of the Pacific, Stockton, Calif., Chapel



ember,  
1963

racy  
ething  
than  
y; it is  
nsibility"

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

November, 1963

Vol. 61, No. 2

---

## PURPOSES AND APPROACH of THE INTERNATIONAL STUDENT

To promote study and discussion of the Problems of Alcohol and Alcoholism by college students, teachers, and younger alumni in an objective search for truth.

Cooperate with college instructors, organizations and leaders in a creative movement to enlarge all constructive activities.

Examine objectively and frankly those aspects of the current drinking culture that are most significant to younger people who think for themselves.

Seek to encourage in these future leaders of culture and public opinion a sense of concern and responsibility for service and leadership.

The educational program of the Intercollegiate Association is a well-balanced interdependent and modern program of projects and studies.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
110 South State St., Westerville, Ohio.

# A Three-Day Campus Seminar Discusses Understandings

**“VIEWPOINTS ON ALCOHOL”** was the topic given to a Campus Seminar at the University of the Pacific, Stockton, California, November 19-21, 1963.



Albion Roy King

Four sessions brought together students and faculty to hear Dr. Bernard Meer of Stockton State Hospital discuss the Psychological Viewpoint; Dr. Arnold Sheuerman, psychiatrist of San Joaquin County Alcoholic Rehabilitation Clinic, on the Medical Viewpoint; Dr. Richard Wall of the State Department of Public Health, on the Sociological Viewpoint; and Dr. Albion Roy King, president of the Intercollegiate Association, on the Ethical Viewpoint. Each session included a student-led forum period.

The series was concluded in a university convocation address by Dr. King on “Basic Concepts on Alcoholism” and an afternoon question and discussion period by the students in the School of Religious Education. Arrangements for the program were made by a student committee headed by Robert Rible and Dr. Edward Betz, dean of students.

---

During the academic year 1962-63, Dr. King participated widely in similar campus seminars and discussion conferences among the colleges of the central and southern states and is continuing this specialized service through the current year.—Ed.

# Why They Do What They Do

Condensed  
Excerpt

The Catholic Hour  
July 7, 1963

By Reverend Andrew M. Greeley  
Christ the King Parish, Chicago, Illinois

**T**O HAVE A PARTY around here, all you need do is get a keg of beer and invite people . . . we'd like to do something else besides drink but we're not going to be the first ones to suggest it.

These stirring words were not uttered by the head of a gang of juvenile delinquents in Spanish Harlem, nor a depraved alcoholic on Skid Row. They came from the lips of a bright young college student at one of America's finest colleges. They were quoted in a book by a professional educator, Edward D. Eddy in a restrained study entitled, **The College influence on Student Character**,\* as a remark that was typical of the situation on most of the nation's campuses.

A sixteen-year-old girl summed up the situation in much more vivid language: After you have graduated from high school the only way to have fun is to get smashed.

In the midst of our national anxieties about juvenile delinquency among the children of the underprivileged groups in our big cities, we have overlooked what might be a more serious problem in the long run—the tremendous increase in the amount of heavy drinking among middle- and upper-class young people. The annual spring vacation beer brawls at Fort Lauderdale, the sad demise of the Newport Jazz Festival in drunken rioting—these should have alerted us to a major national problem; but such events are quickly forgotten.

Police will testify privately that the number of arrests of young people for drunkenness in well-to-do neighborhoods has skyrocketed in recent years. These arrests rarely lead to

---

\*Edward D. Eddy, Jr. *The College Influence on Student Character* (Washington: American Council on Education, 1959), p. 172.

trials or even the formal lodging of charges since the parents of those arrested are usually able to settle things quietly—and their off-spring are drinking in parked cars again in a few days or a few weeks.

High school proms are more disorderly; indeed, one Chicago suburban school was forced to suspend its senior prom because of the drunkenness—which normally began at cocktail parties provided by the graduates' parents before the dance had started. As a matter of fact, the dancing part of high-school proms is almost totally irrelevant. The important things about a prom are the drinking parties.

**Why do they drink?** Why do talented, successful young people who have had more showered on them than any youth in history turn to alcohol with almost passionate frenzy? One shrewd young man described it to me in a way which was perhaps a bit too dramatic, but nevertheless had the ring of truth about it: "We drink to kill the pain."

Young people today are unhappy, not with the unhappiness of an empty stomach or of a future without a job, but rather with the unhappiness of an empty heart and a future without a purpose. They have been blessed with all the material goods that a generous society and doting parents could heap upon them, but they have not been given a cause worth fighting for. Society tells them that if they behave and keep all the rules, they will be successful. They will have fine homes and a happy family and they will be able to send their children to college. They will be able to enjoy even more glorious earthly paradises than those they enjoy today.

Few young people will question this vision of the "good life." In a short time they will settle down to work at it for lack of something better to do. Yet the "good life" does not look very rewarding or very appealing or very challenging. It looks more like a rat-race; and, if those who are already in the rat-race can escape from its pressures and frustrations by drowning themselves in drink, their offspring see no reason why they should not get an early start at the fun.

Thus the ultimate reason for youthful drinking is the fact that the pursuit of material comfort is not a challenging



enough cause to make their parents happy and the younger generation does not think it will satisfy them either. In the absence of any alternative they fortify themselves for a bleak future by "killing the pain" as quickly as they can.

All the instruction in the world will do no good if parents do not practice what they preach.

---

## Teen-Age Drinking: Whose Responsibility?

By Marvin A. Block, M.D.

From a Series  
of guest editorials  
on "Something to Think About"

Chairman, Committee on  
Alcoholism, American  
Medical Association

**T**HE AVERAGE young person in this country starts experimenting with drinking at about age 17. There are subtle references to the subject, tastes now and then of alcoholic beverages, and trial runs with a little beer, wine, or a sip of a cocktail. The olive from a parent's martini may already have become a ritual.

How shall we go about teaching a teen-ager about drinking—the good points, if there are any, and the dangers which are obvious to most of us? How do we impress upon a youth what drinking means, its risks, its effects, and its dangers?

Everyone does not react alike. Some people should **never** drink. About 10 percent of all alcoholics, for instance, have trouble early in their lives, dating from the first drink. In some people, alcohol invariably produces adverse effects or always results in excessive drinking. It is obvious that such people should not drink at all, at any time, for their own sakes and their families.

What of the others, however—those who do not have immediate adverse results? How are young people to learn that in alcohol we are dealing with a very powerful agent, which is used wisely and with control and propriety by some,

---

Dr. Block was a speaker at the Intercollegiate School of Alcohol Studies in 1962 and 1963.

but by others is used indiscriminately, without control and good judgment?

Alcohol can give a feeling of exhilaration, a sense of power, superiority, and grandiosity. But this power is unreal and elusive; it is the power of the alcohol, not of the drinker. When a person drinks only to get this power, there is danger.

It is imperative that young people learn to live realistically in a real world. When they drink to get a lift, to enjoy the envy of their friends, or to acquire a sense of grandeur, they are drinking to escape into unreality. The euphoria, the feeling of well-being, the sense of increased power, the lack of care and responsibility—all of which is much more pleasant than facing drab reality—can be very attractive. But it is of no value when preparing for future living.

The basic values must be taught. The realization that with every act there is an accompanying responsibility and the necessity for assuming this responsibility must be the basic factor if a person is to drink.

It is urgent that every youth learn about alcohol, know its physiological actions in the body, know how his body reacts to it. If it affects him adversely, he should learn to avoid it, especially when such adversity comes consistently with his drinking.

If he can control his drinking so that at no time he allows the alcohol to control him, then he may use it as many do, in appropriate social situations. If, however, he drinks for the effect it gives him, for the boost it gives his ego, for the courage he needs and without which he cannot face problems, then indeed alcohol is no longer a beverage, but a drug to give him something artificially which he does not himself possess.

These are the danger signs, and young people must be warned so they can recognize them.

Education in the public schools, particularly in high schools, should give our children the true scientific facts about alcohol. These can be taught in many courses—general science, biology, physical education, health courses, as well as in the social sciences. The most important thing to be

learned is that control is an absolute requirement. The slightest indication of loss of such control calls for complete abstinence.

Where drinking becomes a necessity in order to carry on, that individual should be detected early and taught how to face life's problems without depending upon a drug.

The respect for abstinence in others must also be learned by young people. Those who do not drink have a right to their abstinence without appearing inadequate. Refusal to drink by anyone must be considered a free choice, to be respected.

When such facts are generally taught, when the schools and the teachers in the schools understand the importance of the problem of alcoholism, and when the teaching is as seriously regarded for drinking as it is in many areas today regarding driving, then perhaps there will be sufficient knowledge disseminated so that alcoholism in future generations may be prevented.

---

## Seeking Removal Of A Source

Dr. Edith Petrie Brown, M.D.

An Excerpt

President of the American  
Medical Women's Association

**T**HE NUMBER OF AGENCIES and the far greater number of persons and dollars already devoted to the study of alcoholism are indeed impressive. Yet, in spite of all the money and effort which has been expended, what real progress has been made toward the elimination of alcoholism?

Not only has it been shown that our efforts during the past 30 years have accomplished little or nothing in reducing the incidence of alcohol consumption, but that it is much greater per 100,000 population now than in 1932, the last full year of prohibition, and that the number of alcoholics, as

---

From the Inaugural Address of Dr. Brown, when elected President of the Association in 1961. This excerpt is from *The Advocate*, Toronto, Canada, October 1962.

calculated by the Jellinek formula, generally accepted as the most accurate formula available for making the calculations, is increasing proportionately . . .

In the study of any other disease, prevention is considered the key to its control. The first, and most efficacious method is the removal of the cause, as in the control of malaria and typhoid fever. The second method, immunization, is advocated only when the cause cannot be removed. Let us physicians lead the way in removing alcohol, the cause of alcoholism, from the environment of our friends and patients without minimizing the importance of treating the definitely diagnosed alcoholic with every means at our disposal . . .

I plead with you, therefore, to use your influence, which is great, to ban cocktail parties from all medical meetings and from your social gatherings as well. Let every woman doctor now refrain from public drinking, and thereby set the example for our brother physicians, and for our children, whom we wish to protect from alcoholism. If the American Medical Women's Association leads the way in reducing the consumption of alcoholic beverages, it will be pioneering in the prevention of alcoholism. Doctors should lead the way!

---

"Drinking among teen-agers today is as serious a problem as drinking along Skid Row."

—Lawrence Klinger, Chicago, Ill., Mayor's Rehabilitation Committee Chrm., "Chicago Daily News," Aug. 8, 1961.

---

### **Alcoholism—What Do You Mean?**

All who work in the field of alcohol problems—whether in research or as clinicians, educators or administrators—meet with the vexations of an inconsistent terminology. Different writers use the same words—including some of the fundamental ones, as alcoholism—in different senses. Nor is it rare for the same writer in the same article to use the same word in two different meanings. The confusion may be compounded when similar words are translated from one language into another. Reported by Dr. J.K.W. Ferguson, University of Toronto in **Alcoholism Research Foundation**.

# An Evolution In Understanding Of The Problem Of Alcohol

*AS REFLECTED by the college students and faculty member, in successive generations, who participated in activities to aid solution at different periods, between 1900 and 1962.*

By Harry S. Warner, From A Forthcoming Book

## RE-STUDYING, RE-WRITING, IN THE THIRTIES AND FORTIES

ON DECEMBER 7, 1935, twenty-five leading students, faculty members and college organization officers from the colleges in and around Philadelphia, met at Haverford College, in an all-day intercollegiate discussion of the situation in colleges in the first two years after the sale of liquor had been nationally relegalized.

The conference, included a college president, a nationally known athletic coach, a dean of men, an expert forum-discussion leader, a medical expert, a chaplain and secretaries from Christian Associations, the president of a senior class, a leader of college women, twelve students from various classes and a secretary of the Intercollegiate Association.<sup>1</sup>

Speaking from his position as a college President, Dr. W. W. Comfort, Haverford, discussed the recent growth of drink customs in influential social circles, and emphasized the strength of these customs in extending the drink habit among young people, especially among young women. He gave also, instances of what it means when social leaders withstand this new fad and plan parties, teas and other events without feeling it necessary to depend on alcohol to stir up sociability.

A message from Lawson Robertson, Olympic Track Coach at the University of Pennsylvania, who was unable to be present because of an injury, said that the athletic trainers

---

<sup>1</sup>*International Student*, Jan. 1936, p. 38.



in colleges and high schools of the United States, and practically all other countries, are opposed to the use of alcohol by athletes at any time during training and many throughout the year; that in Germany 500,000 young men were training for the Olympic games, all of them on the "water-wagon" even as to beer.

Dr. John R. Hart, reporting college attitudes found on a tour he had just completed among the colleges of Ohio, Illinois and California, said that students, teachers and citizens he had met were concerned about the increasing drinking especially by young women. In Iowa and other central states, a reaction had begun against this as "the smart thing to do."

Father Albers, Dean of Men at Villanova College, emphasized the **lasting value** of the **personal influence** of leaders and teachers toward restraining drink evils.

Emphasizing the importance of a new scientific approach to the problem, Harry S. Warner of the Intercollegiate Association, said it would make possible study and discussion of all vital phases and lead to preparation for intelligent service in the community in after-college days. He called on professors and alumni to lead in this new approach.

Russell Callow, coach at the University of Pennsylvania, referred to the satisfaction he had in training students who do not drink, to the fact that his own boyhood playmate had lost out in life through drink, and ended with the observation that it always makes the poor poorer. Dana How, University of Pennsylvania Christian Association, and A. K. Van Tine, Drexel Institute, brought out important attitudes and questions from their everyday experience in large bodies of students.

Frederick S. Bigelow, editorial writer for a great weekly magazine, discussed from forty years' study and experience the habit as it relates to young men and their future, calling beer, "The Prize Time-Waster." He acknowledged that there are many pleasant things connected with drinking but thought it also tends to become a handicap to the best service in life.

In the discussion-sessions, it was made clear that the



educational method that discusses all important phases is the only suitable approach among students; that one-sided emphasis would be received as an attempt to convert rather than to educate.

The fact and recent growth of the use of drink as a means of sociability and personal release were discussed from various angles.

The effects of alcoholic drink in moderate and large quantities were presented by a practicing physician. Social responsibility for the consequences of drinking by auto-drivers and men who control machinery was fully recognized. Responsibility for social consequences among the poor, the under-privileged and lower classes, aroused differences of opinion. Some said that drink would "make the poor man poorer" and that the influence of the educated classes should be against it. Others refused to follow this reasoning and favored complete freedom for the self-controlled without regard to others.

There was a general impression that no solution, legal or educational, had yet been found; that law had failed and that education had not gone far enough to be effective. Some thought that alcoholism and heavy drinking were found chiefly among the under-privileged, that in the upper classes there were not many who go to excess.

The major problem as it appeared to most in the conference was that of heavy drinking. All agreed that this is serious; some, that moderate use is comparatively inoffensive.

Carrying the question of social responsibility further there seemed to be an agreement that as long as there are people morally interested, who keep everlastingly at it, a solution will be found but if there is no moral side then some other solution must be found since the question will not solve itself.

### Preparing For A New Approach

After 1920 many idealistic people believed that the liquor problem in America had been settled-settled constitutionally and on the way toward social welfare settlement—through

the aid of the Eighteenth Amendment. After 1934 others were equally sure that it was "all over" because of the Twenty-First Amendment, that relegalized the sale of alcoholic beverages.

The time, certainly, had become ripe for re-study and a different emphasis—one that would seek to discover **more deeply** what it was all about; one that would be more scientific, impartial, yet realistic, than any understanding that had preceded it in the century-and-a-half of temperance reform in North America and Northern Europe.

A new or renewed fundamental approach had become **imperative** on account of the drinking customs that were sweeping back from the pre-prohibition, open saloon era, the speed with which they were being accepted by older people and youth alike; the trends already evident toward excess; the increasing personal and social dangers in highway traffic; excessive advertising propaganda over the radio, by the press and in the movies; everywhere; and by the direct and indirect propaganda designed to remove public attention—and especially the younger public—from the longtime deeply serious consequences of alcoholic drink to the method that had been undertaken to reduce those consequences.

After 1933 change came more and more rapidly. In 1937 a survey by **The Literary Digest**<sup>1</sup> revealed "a great boom in student drinking." A new period of unrestricted distribution and changing customs in a large part—but only a part—of public opinion had brought more children and young people into contact with free-flowing quantities of alcoholic drink, than ever heretofore in North America.

From this situation came a revised challenge to the Intercollegiate Association, between 1933 to 1942, after the country had cancelled national prohibition and placed responsibility for control of beverage alcohol in the hands of the states.

---

<sup>1</sup>"A Great Boom in Student Drinking," *Literary Digest*, March 6, 1937.

## Seeking Leadership from Higher Education

Because of our long experience we again asked: What group is as well qualified to lead in a new approach as are the colleges, the faculty members, the students, the alumni, the men and women who stand for leadership in public education on any such national problem and seek to make it vital in the affairs of the nation?

For no class is more free from prejudice, political ambition, mere selfishness. None more concerned with social values or less with profit motives. No other can so naturally take the longer view, the real one, in this struggle for release from the cult of intoxication!

No other knows so well how to bring together the contributions of many minds into group thinking and social conduct, into intelligent public opinion and action.

Why should not the colleges give leadership at such a critical time, in raising standards that are scientific and in harmony with modern educational procedures on this problem, in the community, the state and the college itself? College students to seek an intelligent basis for personal and group decision, based on growing scientific knowledge, instead of social group suggestion or pressure? Should not the great body of alumni, who have not forgotten the inspiring motives of their own college days lead in better educational service in their professional or business positions as citizens in this, as they do, in other great civic and national questions of the day?

Certainly the time was ripe for a forward look and a program based on experience and the increasing scientific knowledge that had now become available as never before.

## Preparing for a New Approach

By 1934 the Association had begun preparation for deeper study and a wider understanding of the problems of alcohol. Through the next ten years we prepared new educational material that would include the latest results of scientific research and its sociological applications. While seeking to be objective in our preceding years, we had and I think wisely,

centered attention on those aspects of the problem that had been most closely related to the service needed at each particular period. The new program however must now include an all-over plan to encourage deeper study of the total problem of alcohol as it stood out after 1933.

Through the fortunate foresight of Dr. Ernest H. Cherrington, president, the Association, had begun as early as 1928 to lay the foundation for a program that would be more lasting than were some parts of those of earlier years. Through the World League Against Alcoholism, Dr. Cherrington offered to give a \$100 set of books, pamphlets and reports free to 1,000 college and university libraries. The books related to all aspects of the problem, scientific, social, economic, historical, international; 180 volumes, pamphlets, and smaller publications.<sup>2</sup>

Outstanding in the set was the new **Standard Encyclopedia of the Alcohol Problem**, published a year earlier, after twenty years of American and European research. The six large volumes covered particularly the history of the efforts in North America, Europe, and throughout the world, to understand and deal with the problem. The Association supervised the distribution, selected the colleges and arranged shipment. Within three years 950 libraries had been supplied, a permanent investment for study of the world problems of alcoholic drink and two hundred years of attempt to deal with them.

The first reactions that had come to many as we began to seek a more comprehensive program of education, after the sale of beverage alcohol had been relegalized in 1933, was that in a very few years the public would see again the serious social disorders of the saloon era and that the favorable results of the thirteen testing years would so stand out that there would be a reaction against the reaction. Many citizens who had supported the amendment from the first did not believe it had been a failure. Some were confident that it had

(Continued on page 52)

---

<sup>2</sup>*International Student*, Dec. '30, Jan. '31.



## INTERCOLLEGIATE SCHOOL

McMaster University

**I**N A GROWING SPIRIT and program of cooperation in the search for a better scientific understanding of the drinking problems of today, the Fourteenth Annual Intercollegiate School of Alcohol Studies at McMaster University in August, sponsored by the Intercollegiate Association, included in the program, recognition of the various "approaches" toward reduction of the problems as they are found today.

This School, as no other in North America, is designed to meet the questioning of younger people who desire to think for themselves, to decide intelligently for themselves—but, also, to give service in ways they find will be most effective. Students and instructors this year came from



## **ALCOHOL STUDIES OF 1963**

**Hamilton, Ontario**

points as far distant as Memorial University in Newfoundland and San Antonio, Texas, the heavy majority from Michigan, Ontario and Virginia.

Coming from different social and cultural backgrounds, and with some degree of growing concern, students, older leaders and staff members found themselves in an atmosphere of increasing freedom from hasty assumptions and prejudice, where recent scientific and educational developments, and the results of experience, could be studied, criticized and discussed freely, in exchange with thinking of students from many colleges.

The all-over educational coverage of the problems of al-



cohol and alcoholism included the following:

"The World Scene," an orientation of the problem in many nations, by Dr. John Linton, Toronto.

"The Psychological Motivations" back of the drinking practices and customs, Dr. Albion R. King, president of the Association and professor of philosophy.

"Sociological Factors Which Influence The Motivations," Dr. Carl A. Nissen, Sociology, Ohio State University, Columbus.

"College Drinking Patterns," Dean Lawrence Riggs, DePauw University, Greencastle, Indiana.

"Growth in the Objective Approach to the Problem of Alcohol," Harry S. Warner, General Secretary of the Inter-collegiate Association.

"Alcohol and the Human Body," Dr. R. Gordon Bell, The Bell Clinic, Willowdale, Ontario; also, "The Nature of Addiction".

"The Nature and Extent of Alcoholism," Dr. Marvin A. Block, Chairman of the Committee on Alcoholism of the American Medical Association; also, "The Multifaceted Approach".

"Scope and Size of the Problem," Dr. Wayne W. Womer, of Virginia, Secretary of the Alumni Association of the Yale (now Rutgers) School of Alcohol.

"Responsibility of the Citizen," Dr. Dale White, Director of College Programs, Methodist Board of Social Concerns, Washington, D.C.

"Cultural Backgrounds," Symposium by Robert Hammond, Michigan Temperance Foundation and George H. Stewart, Director Education Michigan State Commission on Alcoholism.

The five discussion groups of eight to fifteen students each, meeting daily with a highly qualified leader, were an outstanding feature of the School. Here students were free to express themselves without limit and reach creative decisions.

# Report from an All-Student Seminar At McMaster Intercollegiate School

By Sandra Reynolds, Fergus, Ontario

**D**URING AUGUST 24-29, it was my privilege to attend the International School of Alcohol Studies at McMaster University in Hamilton. Almost all of the people present were university students. The Canadians were greatly outnumbered by the Americans and along with the friendship gained there were also new versions of the Canadian and American accents.

Every day there were three hour-long lectures and one hour and a half seminar period. The lecturers were very good and each had his own topic rarely repeating what another had said. Some of the speakers included Dr. Gordon Bell, whom many of us have heard at the Christmas Conference, Dr. Albion Roy King, Dr. Carl Nissen and Dr. Marvin Block who spoke on "The Nature and Extent of Alcoholism" and "The Multi-Faceted Approach". These are not all of the speakers of course.

The Seminar periods I enjoyed best. In our own group, there was a leader and eight students. Here the lectures were evaluated and here was where I feel the real purpose of the school was developed. All of us were there to learn and to discuss the drinker, drinking itself, and drinking patterns especially pertaining to college life. How were the rules received? Do fraternities and sororities pressure students into drinking? What can we do to enlighten our friends on the many aspects of alcohol? These were some of the questions discussed in our group. Some we attained answers for, others were left with a question mark.

The day was well planned with free time put in at the right time, for the people from the United States to see a small part of Canada, such as, Niagara Falls, the Royal Botanical Gardens, the campus at McMaster University and the

Canadian Exhibition. The planned recreation was thoroughly enjoyed by all who attended. It was under the capable direction of Miss Nina Reeves.

One thing I would like to see at this school next year is Canadian University students so that the Canadian campus drinking might be compared with that of the American universities.

So in closing, I would like to say thank you Toc Alpha for giving me the opportunity to attend this school, and to the Toc Alpha members — if given the same chance as I, don't pass it up.

---

## RE-STUDYING, RE-WRITING

(Continued from page 47)

been as successful as could be expected from the trial of so great a sociological reform. But when repeal came, with as great a majority vote and as quickly as it did, there was no doubt that a reversal of public opinion had occurred.

The first studies prepared to begin a "new approach", was a series of ten, "Liquor and Social Welfare," that included the latest results of scientific research. They were published in the **International Student** in 1933 to 1936. Suggesting an advance that had already begun, these preliminary studies included such themes as: "Rethinking The Problem Today," "Alcoholic Release in Life Today," "What Social Consequences Has Alcoholic Beverage?" "Should Drink Customs Be Encouraged?"

"**Alcohol Trends in College Life**" was a survey of attitudes and practices in the preceding three-quarters of a century. This 48 page pamphlet had a circulation of 77,000 among instructors, college pastors and Christian student associations. "**The College and Drink Today**" expressed the need for educational leadership; "**Alcoholic Drink in Life Today**", a five-study outline for group discussion, had a circulation of 70,000. Articles with similar content were being published by church periodicals and **The International Student**.

## **New Understanding Publications**

The most adventurous of these publications was a series of sixteen "New Understanding Monographs", or popular-style studies on particular social aspects; "Is Alcohol the Same Old Problem?" "Slump and Resurgence in Liquor Culture," "Alcoholic Expression and Personality," "Alcoholic Culture: Should It Be Retained?" "World Questioning of Alcoholic Pleasure," "Alcoholic Release and Public Disorder," "Alcoholic Release and Public Safety".

It became clear, under the slogan, "Seek the Truth, Come Whence It May," that had caught the attention of my associates and myself, that our search would be long, far beyond the life time of any of us, young and older, who were making the first known attempt in that direction. For six years I had been studying half time, at the Library of Congress, in search of the deeper sources of the history and cult of alcohol in human society. With me were associated two very keen young men with whom I had frequent discussions, John H. Shouse, Berea College, '31, a student of Law at George Washington University and Secretary of the Association, and Edwin H. Maynard, Cornell College, '38, associate in writing, later editor of one of the largest religious publications in the United States. These recent students kept me in close touch with the changing attitudes in the colleges during this rewriting period. Their younger thinking had much to do with the growth of our understanding of the problem as we shared four years in working it out.

## **Finding Psychological and Cultural Sources**

Consequently, the attention of the Association was being turned more and more to the traditions and the psychological motivations—"why men drink"—that had been overlooked or minimized during the years that legislation had been the main idea in the reform.

These new emphases were expressed at the time in an editorial in the **International Student**:

The seeking of pleasure in the "kick" of alcohol has a large—almost—dominant—place in (certain) sections of society and daily living. The sensations to be gained,

mild or vivid, are popular sources of enjoyment, ease and escape from discomfort and the facts of reality, today as in the childhood of the race. But ever and always alcoholic pleasure has been questioned, among all people, in all ages. Only recently has this world-wide challenge of critical-minded and socially-interested men been supplemented by a scientific challenge to the basic value of alcoholic pleasure—of what it is, what it does, and how it does it.<sup>8</sup>

Thus it became clear to some of us in the Association that any program in our field must now be more inclusive than those of the past. "Temperance," "abstinence," "moderation," "freedom to drink," "control," "local option," "prohibition," were all limited concepts. Together with our great national experiment, they all pointed to the need for more study and for frank recognition of the deeper and most persistent sources—the tradition of drink culture, and its relation, as a source, to the demands of modern public safety, health, and social welfare.

To challenge and, by frank analysis, to begin to study the culture of Alcohol in the community and the nation, and to popularize non-alcoholic customs and satisfactions then became a vision of the future.

This is the way it came to me personally about 1935 (and again in 1963), a vision of the future—a long-time vision—for how can the states of intoxication, mild, excessive or compulsive, have a natural place in human living? The very taste for alcohol has to be created anew in each generation. Customs and trade propaganda continue to initiate and enlarge anesthetic desires, create habits of dependence and elevate a substitutional, often degrading, satisfaction into something romantic and important. Alcoholic satisfaction and release from unhappy feelings, large or small, seemed to conceal but not to relieve source of these ills. The annual supply of alcoholics, of excessive drinkers, of accidents, ill health, mental instability and degraded personality, wherever the custom was

---

<sup>8</sup>*International Student*, "Toward A New Understanding," Oct. '39.

fully accepted, continued to be a never-ending public, as well as personal, burden and responsibility.

### Practical Idealism: "Face the Facts"

Recognizing the challenge in the slogan, "Seek The Truth, Lead Where It May," we continued and made more positive the open-minded objective discussion methods that had encouraged study of the problem in earlier years. We placed our faith in the decisions that young men and women would make after reasonable study. This approach not only left the privilege of personal and group decision to them, it added also, the responsibility of doing so, and doing it intelligently with that sense of responsibility that goes beyond oneself—the decision of a mature and socially conscious citizen. To this end the acquiring of a dependable working knowledge, obviously became the first requirement—the modern approach.

These policies of the Association were expressed in 1939 as follows:<sup>4</sup>

There is one emphasis—a new one—that may be made in the present situation in the United States, that has in it **un-measured possibilities of creative leadership**. It is to "face the facts" as they are, study the basic realities of the whole problem of alcoholic drink in society and do it comprehensively . . . This is an approach to this highly controverted issue that has not been given much attention in the century or more of earnest effort to find a solution . . . .

Much is being done and proposed to relieve the unfortunate consequences of alcohol, but little that seeks the sources from which they come. It is not sufficient to promote public safety, to stop drinkers from driving and tipsy walkers from walking, to restrain heavy drinking . . . . All of this—and much more—is good curative service.

Why not go further—to the sources—ask and discuss

---

<sup>4</sup>*International Student*, "A Neglected Emphasis," May '39.



freely such questions as: What are the satisfactions that men seek when they drink? What do they get when they obtain them? Why create the desire for narcotic pleasure in the first place? Should social drink customs be freely accepted, or questioned? . . . .

And why should not the prestige of social drinking be questioned—the drinking at alumni banquets, formal dinners, cocktail parties, the clubs of “big business” and lesser business, the afternoon gatherings of the socially elite? Why should not these customs be evaluated in the light of modern scientific knowledge? Of practical experience of how they dominate the lives of millions who follow unthinking the fashions of the “privileged”? Why not analyze realistically—or debunk—the welter of literary and social traditions that have grown close around the milder stages of alcoholic intoxication through past ages? Such a service can best be given by college and university leaders, for the college community, the state and the nation.

This program may not be education in the sense of instruction. It must be education by discussion, self-education by all who are willing to think for themselves. Utilizing educational methods, instead of those of the reformer, it will create occasions for united thinking and action, and help to create intelligent public opinion. It will face modern liquor problems at their most popular and least understood sources . . . .

### **New Approach Conference of 1941**

To study further and to take first steps toward action the Intercollegiate Association called a conference of educators and students in Washington, Dec. 1941, two years before the first Yale School of Alcohol Studies was announced. We were seeking also a new statement of purpose for the Association as a base for future education at the college level.<sup>5</sup>

The conference included professors and students; a national leader in college religious education, a state board

---

<sup>5</sup>*International Student*, Oct. '41.

school educator, the officers of the Association. It gave particular attention to the bearing that scientific, especially psychological, investigation, and modern educational theories, should have in efforts to reduce alcoholic intoxication and its consequences. Small in numbers, but unified in purpose, it faced the most critical phases of the problem of the post-repeal years.

As a first attempt to find and launch a constructive program in harmony with recent educational ideas, the conference gave attention to the responsibility that college leadership might now take in the future, since public thinking had been removed from the legal to the educational and scientific aspects of the problem.

"What is the Beverage Alcohol Problem of Today?" was the question asked by Dr. Gould Wickey, Executive Secretary of the National Church Boards of Education. Following in natural sequence were: "The Influence of Recent Scientific and Psychological Understanding," "Alcohol Culture," "How to Get Thinking People to Think for Themselves." Neither political nor legal issues had any part in this meeting.

The significance of taking into account the motives that prompt men to drink, especially youth and younger people; the importance of satisfying those needs in natural ways; and the influence of social customs and the desire for ease and freedoms in self-expression as forces that start and continue habits of toxic pleasure that lead to drinking were brought out by Dr. Albion Roy King.

Discussing the place of the college, Professor Raymond E. Mendenhall, Education, Otterbein College, said that instruction alone does not offer a solution, "That attitudes are caught rather than taught." "Nothing is sinful if 'everyone is doing it'. Here we have the root of our present orgy of social drinking . . . . style . . . . the persistent efforts of the mass to conform to the customs of the few persons of prestige."

Representing the younger conferees, John H. Shouse, George Washington University Law School, 1936, Secretary of the Association said, "People refuse to think. If students

and young people are once made conscious of the problems, if we get them to thinking, we need not worry about what their conclusions will be." This conviction was echoed by Edwin H. Maynard, Cornell, 1938, Field Secretary, who stated that he found intelligent and sincere discussion among students, when they gave attention to it, but that the vast majority fail to see any need for discussion at all.

"Most people believe that the problem of liquor was settled by repeal of the Eighteenth Amendment." "Students and professors do not see as much drinking as other groups and therefore are not made as conscious of it," said Professor Lloyd M. Betholf, Dean of Men at Western Maryland College. Harry S. Warner cited the prestige that has been acquired by drink customs in recent years through the influence of social leaders and the effect of propaganda. Professor Howard E. Hamlin, Health and Narcotics, Ohio State Department of Education, agrees as to the force of social influence, citing examples of prominent educators and church men. From his experience in the Ohio schools, he reported that children in the elementary grades and youth in high schools are interested in receiving factual, well-prepared scientific teaching on alcohol.

That interest lags among men of college age was an opinion of President Carl D. Smith, Babson Institute. "The lack of appreciation of the relation between the use of alcohol and the problems of life that they will have to face after leaving the campus. They do not realize the extent to which it may affect their possibility of getting a job." He suggested that in these practical applications of the problem, "we have fallen down." Professor Mendenhall, agreeing, emphasized the force of social influence, the "everybody's doing it," and other drives of a social pressure nature.

Dr. King pictured the average student as having a determination to drink and to be temperate. "Never has drunkenness been more in bad repute," he declared, "or rebellion against abstinence so nearly 100%."

Dr. Ernest H. Cherrington, president of the Association,

noted an absence on both sides of "a generally accepted definition of what the alcohol problem is. Our opinions are indefinite. Each one is afraid to speak until he has heard the other fellow's viewpoint." But he added a new and positive challenge for the future when he said that the present situation represents a more healthful viewpoint than did the direct clash of earlier periods when dogmatism prevailed.

Summing up, Dr. Wickey pointed out where the program of the Intercollegiate Association could be especially helpful. "The lack of awareness," he said, "of the problem and the passivity in the home and in the church, all point to the need of such an educational program . . . to awaken a new interest among those who should be concerned."

"The time has come to seek the cooperation of both faculty members and students, in educational service and leadership on the alcohol problem **to an extent never before undertaken,**" wrote Dr. Charles A. Ellwood, sociologist of Duke University, to the 1941 conference following his study of the situation in the first eight years after the sale of alcoholic beverages had been re-legalized.

"It is of vital importance," wrote Dr. S. Ralph Harlow, Smith College, "That more thought and education be given this growing problem and its relation to our educational system."

"But the attitude of college teachers," said President George B. Cutten, Colgate, "is most discouraging. Otherwise people of fine influence, their attitude on that account is all the more disastrous." An educator who was giving full time to the scientific understanding of the problem in teachers' colleges and high schools wrote, "I am becoming more and more discouraged with the presentation of the alcohol problem to older students. They tell me again and again, 'we have enough facts'! But they seem to **lack a desire to act up-  
on the facts they have.** They want facts that have 'meaning'."

### **A New Understanding Begins To Function**

The Washington conference of June 20, 1941 was a natural outgrowth of the 'New Understanding' of the Problem

of Alcohol, that had been maturing slowly among us of the Association since the change of name in 1932, and the adoption of the scientific spirit—"Seek the Truth, Lead Where it Will"—after that change. Under this theme the Secretaries and Associates of the Association had been quietly re-studying for seven years the whole problem of alcohol in society, seeking an approach that could be educationally effective at that time.

The objectives that stood out after this conference as a basis for the future were:

Renew study of the whole problem of alcohol in society today. This would require much cooperation with the sociologist, the psychologist, the economist, the historian, the teachers of health, civics and philosophy. In particular it will need the aid of all who can relate these separate approaches to a better understanding of drunkenness, alcoholism and the forces that continue these disorders in human living.

Promote scientific and objective study of the problem in all of its aspects:

Compile and distribute information on what is being done in and by students and colleges.

Encourage instruction, research, educational projects by instructors and discussion by students.

Help to open forum discussion and analysis of the present situation, and methods to aid solution.

Encourage young men and women to enter positions of leadership and service related to the alcohol problem.

The appeal was to thinking people, a challenge to all who were not afraid to face the situation and the implication of facts, personal, social, practical; to all who would base opinion and service on a scientific and realistic understanding of the meaning of intoxicating drink and had the faith to put their convictions at work in society today.

### **Yale School Offers a Meaningful Understanding**

Then came the Yale School of Alcohol Studies in July 1943. Dr. Albion R. King and I attended the full five weeks of scientific and historical lectures, shared freely in all dis-



cussions, seminars and the spontaneous bull session in the evenings under the trees of the Divinity School campus. The director Dr. E. N. Jellinek, in addition to the deep understanding he brought as a world research specialist, was such a magnetic person, that whenever he appeared on the walks or the grass of the quadrangle he was quickly surrounded by a deeply inquiring—and sometimes argumentative—group that kept him much longer than he could spare. Beyond all the lectures, I will never forget those free-for-all discussions.

Out of those weeks came a renewed sense of confidence in the program we had been planning. There came, also, a new understanding of the personal and public health aspects of Alcohol in human living. Here, it came to us, was an approach that would “Mean Something” to the most indifferent, the most sophisticated, among the colleges. The health and safety emphasis made it realistic.

### **The New Health Emphasis**

To recognize alcoholism—as a question of health, and the confirmed alcoholic and excessive drinkers as emotionally, mentally, and sometimes physically ill, gave the problem a decisive place in public health. It was no longer just a question of temperance or intemperance. As a subject of public health, it demanded and had begun to receive a more and more positive, dignified status in public attention, for alcoholism had already become, in the view of high public leaders, one of the four greatest health problems of America.

That alcoholism is a plague to health is a scientific concept of recent years. It is now recognized as one of the four greatest. The antics of an intoxicated person at a party, saloon or home, even now, cannot be taken lightly as a mere immorality or misdemeanor that ends as a night in jail. Too often the conduct of a drunken person is the outward expression of an inner condition that marks him as mentally and emotionally, if not physically, ill.

For often his care requires the understanding and service of an expert—those who understand him, the physician, the psychiatrist, the trained minister, an AA. But a re-educated



community, family, and public may aid by changing their punitive attitudes to cooperative ones, making provision for sending the frequent drunk to a sanitarium, and give him a chance to come back by the route of abstinence which for him is absolutely essential.

"With tuberculosis, cancer, syphilis, mental disease, and polio receiving competent and intelligent medical attention, explained Dr. Winifred Overholzer, St. Elizabeth's Hospital, Washington, D.C., "we now have alcoholism as the greatest public health problem of the present time that is not being systematically attacked."

The number of alcoholic patients, approximately 5,000,000, may be compared with the half-million each of tubercular and cancer patients in this country. "The rich and the poor, the highly intellectual and ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree, all furnish their quota of inebriates," wrote a leading psychiatrist.

Most vital is the effect of alcohol on the functioning of the central nervous system. Even before drinking becomes "excessive," in the ordinary use of the word, mental activities are depressed to a degree that cannot be called healthful. In advanced cases, it is to the hospitals for mental disorders and the sanitariums that shield wealthy inebriates that we look for the results of alcoholic culture, as well as to the stream of repeating drunks from the police courts.

### **Social Prestige Patterns**

To examine frankly the influence of the social patterns set by those who extol as a privilege, without concern as to consequences, the traditional drink customs of polite society, should now be a job for research.

For these customs and sanctions spread out from prestige groups by imitation to all those who seek to climb to similar positions of influence and higher income. Broadcasting nightly to the millions and millions over television and radio, movies and glamorous trade advertising, drink culture becomes a vast sifting process that initiates, then keeps many

who count on it, personally, and for party entertainment, until without knowledge of what is happening, a sense of dependence, even addiction, has been fully established.

For some at all levels of daily living, this habit of looking to alcohol for what it gives is not or cannot be broken until a stage is reached that requires the aid of a specialist. In every group, of course, there are many who are not appreciably affected, but the number that are is serious. As a sifting out process of those who are susceptible to alcoholic excess, the customs of a community constitute a fundamental source of the problem.

The distributors therefore, the "carriers" of the illness to those of little or no resistance, are the drink customs with group approvals back of them. They spread among those who are susceptible, the peculiar desire, which for many individuals in every generation, may slowly or quickly, become dominant over the desire for food, clothing, family, and self-respect—as vividly seen in "The Lost Weekend."

---

#### STATEMENT OF OWNERSHIP AND MANAGEMENT

(Act of October 23, 1962; Section 4369, Title 39, United States Code).

- Date of Filing: October 1, 1963.
- 2—Title of Publication: The International Student.
- 3—Frequency of Issue: Four times a year.
- 4—Location of known office of publication: 110 South State Street.  
The American Issue Publishing Co.  
Westerville, Ohio
- 5—Location of the Headquarters or General business office of the publication: 110 South State Street, Westerville, Ohio.
- 6—Names and addresses of publisher, editor, and Managing editor:  
Publisher: The Intercollegiate Association, 110 South State Street, Westerville, Ohio.  
Editor: Dr. Harry S. Warner, 110 South State Street, Westerville, O.  
Managing Editor: Dr. Harry S. Warner, 110 South State Street, Westerville, O.
- 7—Owner (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 per cent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual must be given.)  
THE INTERCOLLEGIATE ASSOCIATION for Study of the Alcohol Problem, 110 South State Street, Westerville, Ohio. (A non profit organization)
- 8—Known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds mortgages or other securities (If there are none, so state): Name: none.

# THE ROBERTS EDITORIAL AWARDS of 1964

Theme: "Alcohol and Mental Health"

**\$2,500 in CASH and  
Eight Scholarships in Addition**

**A. At The International Level  
\$500 in Cash and Scholarships**

First Honors: .....	\$200
Second Honors: .....	\$100
Third .....	two awards at \$50.00 each
Fourth .....	four awards at \$25.00 each

In addition each of the eight will be offered a Scholarship to the International Intercollegiate School of Alcohol Studies at McMaster University, Hamilton, Ontario, in August, 1964.

**B. Awards at the College Level  
\$2,000**

**A First \$25; a second \$15; a Scholarship \$35**

These awards, open to fifty different colleges, provide a prize of \$40 in cash to two students in each who write on the theme of the year in regular college classes under the guidance of an instructor, or two instructors in cooperation, or by a discussion group of students under the lead of the director of a recognized student organization.

A minimum of twenty papers to be entered; "First Come First Served," or write for reservation.

The Scholarship offered by the Intercollegiate Association, applies to each of the fifty local college groups which submit twenty or more papers in the Roberts Editorial Writing program in 1963-64.

**C. Individual Student Awards**

Any undergraduate student of 1963-64 may enter directly for the international awards by sending the paper to the office of the Association before the deadline April 15, 1964.

The Intercollegiate Association  
110 South State Street  
Westerville, Ohio

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1799 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

# *Student*

## *Journal of Alcohol Studies*

### *In This Number*

Sociological Factors Influence Motivation .....	67
Alcohol in the Human Body .....	70
Cocktails: Sipper, Gulper, Slurper .....	73
The Woman Alcoholic .....	77
The Role of Alcohol in a Military Family .....	80
Social Traditions, Mores—and Idealism .....	83

College of Law, Ohio State University. Dept. of Photography, O.S.U.



ruary,  
964

eracy  
ething  
than  
y; it is  
nsibility"

# THE INTERNATIONAL STUDENT

*EDITED FOR THOSE WHO THINK—or  
Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

February, 1964

Vol. 61, No. 3

---

## LAWRENCE A. RIGGS

**Elected President of the Association**

Dr. Riggs is Dean of Students at DePauw University, with the rank of Professor. His particular interest and experience at two Universities, Willamette in Oregon and DePauw in Indiana, has been as counselor with students. He is a graduate of the University of California (Berkeley), with two degrees from Columbia University, and teaching experience at Willamette and Johns Hopkins. He is a member of the American Psychological Association and the American College Personnel Association.



Dean Riggs was a popular lecturer at the McMaster Intercollegiate Schools of 1962 and 1963 on "The Campus Scene" and "College Drinking Problems." He is author of "College Student Personnel Work in a Christian College."

Prof. Paul L. Selby, Jr., College of Law, Ohio State University, was elected Treasurer and continued as Associate General Secretary, and Dr. Harry S. Warner, General Secretary.

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

**The Intercollegiate Association**  
110 South State St., Westerville, Ohio.

# Sociological Factors Which Influence Motivation

Carl A. Nissen, PhD.

Condensed

From a lecture at the  
Intercollegiate School

**T**HE MOST COMMON MENTAL image of motivation is, "Each decision I make is my own." Although we do not really believe this, we have no conscious feelings that it is otherwise. An employer judges a person seeking a position by his record not by his vocalized intentions, just as a college entrance board makes its decision on the basis of academic records when enrolling a student. A judge hears a prisoner at the bar protest that he "will never do it again"; but usually there must be some evidence in this man's prior behavior to give his promise some foundation.

There are exceptions that appear to be exceptions: the religious convert may be completely sincere; some smokers, have quit on the spur of the moment; other habits may be overcome due to social forces which are not easy to trace. There are cases of persons whose reputation in their youth was anything but commendable, and yet during their life time have become almost saints. But on closer inspection these do not all turn out to be exceptions; rather they are the end result of a long period of decision.

Let us get away from the exceptions to the main track. To get a clear picture of motivation, one needs to consult the finding of a number of sciences, particularly psychology and physiology.

## I. Culture

It has been said that should a fish become a scientist, the last thing it would discover is water. Just so, one of the last

---

Dr. Carl A. Nissen, Professor of Sociology at Ohio State University has been a frequent and popular lecturer at the Intercollegiate Schools of the Association for a decade, and a family and personality counselor in the Columbus community as well as among the students of the University.



important factors to be studied, factors that influence motivation, is the cultural milieu in which we are reared. Those who are securely reared in a certain culture, think of that culture as the NATURAL one, and all others as somewhat odd.

An example would be the preliterate society of chieftains who have many wives, and how unnatural this is to us. We have an over-all culture and sub-cultures for social classes: upper classes talk things out, while lower classes are more likely to resort to fisticuffs—they work with the larger muscle. In one society cow's milk is categorized as other excreta, and in another, food grown on a field which has been fertilized by cow's dung, is considered unclean. Another way to illustrate varied ways of existing cultures: The Bishop says to the Rabbi, "Let us have dinner together."

The Rabbi says, "Sure, let's do that."

The Bishop says, "Let us eat Ham."

The Rabbi says, "Fine, let's eat it on Friday."

Most of our behavior is governed by culture and very little of it is invented by the individual: language, religion, economic system, governmental system, educational system, our mode of dress, methods of building houses, eating, diet, the utensils we eat with and how we control those knives and forks. All this is cultural.

In some sub-cultures beer, wine and hard liquor are defined as wholesome ingredients to consume, if done in moderation, but in another culture they may be defined as poisons, harmful and a sin to drink them. In my childhood, I knew a family who had a fifth of whiskey given the father as a present. They were teetotalers; after a family discussion, they poured it down the sink. In my family such an unopened bottle of whiskey would be put on a shelf to be used in case someone got sick. One such bottle was there for over 15 years, I remember, and it may be there yet. Father said, "We'll keep it in case it becomes necessary to use it." That time never came. Once alcoholic beverages are defined to be used in a certain way, it is not easy to change that definition.

## II. Socialization

Of course a child is socialized to live according to the dictates of that culture, but there are many variables; one can learn an item of a culture in an angry manner, in an impersonal manner, in a loving manner. There are parents who beat their children and it is the child who hates his father that has a hard time learning to love God. Some children, as the result of their environment want to be like their parents; but some rebel and hate them, which results in anti-cultural behavior. This is shown in the book, **Unadjusted Girl**, by W. I. Thomas.

The vast majority of students in college who drink, had been drinking in their homes before going to college. Theoretically a child can be reared so that when he is grown he will not depart from it, but **Sons of Dr. Kibler** shows that sons would spend too fast if they had that liberty. Out of this socialization one can develop either ambivalences or isolation against a certain behavior. Out of socialization one may become MEEK, or overly AGGRESSIVE, either may lead to excessive drinking.

## III. Study of Capacity to Envisage A Total Phenomenon

Man looks upon himself in society as a slender piece of pie, enclosed by constant forces of outside influencing factors. Out of this situation he has an image, a self image that becomes his established or permanent self, a stereotype. Sometimes this cannot be changed or can be changed only after tremendous effort has been put forth. Such set patterns can be seen in the Color line in the South, or the tendency to always blame a stranger for a calamity that is occurring, and in the relationship between diet and drinking.

---

Mt. Carmel Hospital, Paterson, New Jersey, is the only hospital in the nation licensed exclusively to care for alcoholics, the Catholic Digest finds.

---

Problems are only magnified when viewed through the bottom of the emptied glass.

# Alcohol In The Human Body

R. Gordon Bell, M.D.

Condensed

From a lecture at the  
Intercollegiate School of 1963

**I**T IS MY DESIRE to share with you some of the concepts we now have relating to the use of alcohol and the physical changes that occur from too much alcohol and its use over a period of years.

The basic principles involved are, that anyone in the world can acquire changes and diseases from taking into the body too much of any chemical. There is no chemical, gas, solid or liquid, that can be taken indefinitely in any quantity you wish. Even the safest substance can be taken in larger quantities than the body can tolerate; and the most dangerous can be diluted until it may not produce trouble. A chemical becomes dangerous, on the one hand, according to how much is taken, on the other, on its position it occupies in the scale of being dangerous.

The chemicals that we think of as highly dangerous, are the ones we usually refer to as poisonous. They become dangerous only when enough is introduced into the human body to produce some significant change in the work of the body. Up to that point they are not poisonous. Potassium cyanide is poisonous, if you get too much of it; lead too, if you get too much of it; even water is poisonous, if you get too much of it or table salt, alcohol and so on. The danger in the administration of the chemical depends partially upon the position it has in the danger scale, secondly, on how much is taken and how often, and thirdly, on the resistance of the individual.

---

Dr. R. Gordon Bell is Director of the Bell Medical Center for treatment of alcoholism at Willowdale, Ontario, suburb of Toronto and special lecturer at the University of Toronto. He is a frequent speaker and discussion leader at the Intercollegiate School of Alcohol Studies, McMaster University, sponsored by the Intercollegiate Association.

The factor of individual resistance to alcohol cannot be stated as accurately as it can be to "dope", in its position on the danger scale. There has been quite a serious attempt in the past 25 years to identify the type of person who becomes involved in a dangerous drinking habit. What kind of people drink too much? What kind of people drink intoxicating quantities? What kind of people drink poisoning quantities? In spite of the fact that some very capable people have studied this question in recent years, we are not able in 1963, to say what type of person is liable to drink the quantity that produces a serious threat to health today. We may summarize our investigation in this area to the present time, by saying that the human half of this problem so far, is one of undecided complications.

What kind of chemical becomes involved in addiction? An addiction is an abnormal need for anything, an abnormal need with two characteristics, an abnormal physical need, and an abnormal mental need. These combine to determine more and more of the behavior of the victim. The victim of addition ends up being compelled to do what these needs tell him to do. He cannot discontinue what he's doing by will power. He is not just a weakling. That's what we mean by addiction to alcohol, or any one of a great variety of drugs.

So far, we have been talking about an abnormal need. Now what kind of chemicals can become involved in an addiction. The first is the capacity of that chemical to produce welcome effects in toxic quantities. Water produces a welcome effect in our bodies. But most of us do not enjoy too much water. We would not indulge in those quantities of water that the body cannot handle. So water doesn't qualify as an addiction substance. We might enjoy oxygen, but we don't enjoy too much of it. There are a great variety of chemicals that are capable of being enjoyed that produce welcomed effects, even though too much is taken, and yet prove to be good. We don't talk of water addiction, but we can talk about food addiction; we can talk about tobacco addiction and alcohol addiction that can produce a welcoming effect in toxic

quantities. By welcome, we mean an ability to produce a temporary cheer. If a person were experiencing pain or tension we could temporarily alleviate that distress. We might not really help him but we would reduce his pain, and it is possible also with some people to remove abnormalities like tension and insomnia. From 'too much', foolishness may gain a holiday from distress. Again, we may be feeling, not too badly, when you want to feel good and you move up that scale, and have that kind of experience. This is what is meant by welcoming effects, to alleviate an unpleasant feeling or to accentuate a state of mind. Now you take an intoxicating quantity of chemicals to do this. Thus the capacity of these welcome effects in toxic quantities is most important.

Second, the relatively low positions on the danger scale, low enough to permit repeated intoxications, if too high it can not be included in this problem of addiction. Many chemicals are dangerous not because they are so poisonous in capacity intake, but because they are low enough in poisoning ability, low enough in activity, to permit the experience of being repeatedly intoxicated, of repeatedly taking toxic quantities of drinking Alcohol. Wood alcohol is too far down on the scale; if it were higher, you wouldn't have any need for any alcohol.

Once you and I are adapted to a particular situation, we have acquired self perpetuating changes. A person starts to use alcohol or other drugs in dangerous quantities for one reason. These are not the reasons that he continues, not the reasons that show the difficulties inside. He starts to obtain physiological adaptation and habituation, combined, these imprison a person. The main difference between food addiction and alcohol addiction is that the process of physical adaptation to too much food is more obvious. The food addict varies all the way from 20 lbs. over weight to the fat person who is 40 lbs. over weight. I am not afraid of becoming a victim of food, as are some, but my exact weight has some bearing on my physiological status, meaning that I could eat a lot out of tension. I am also addicted to tobacco, but thank goodness, I have arrested it for the moment. Now why

did I start? I started using tobacco because it was the thing to do when I was younger. It became a way of living; I became psychologically adapted and also physiologically adapted. So, like all other addictions, it would determine what I did a large part of the day; I looked after my addiction carefully. Now, this is addiction. Why are we not as concerned about it? Why are we not as concerned about tobacco addiction as alcohol addiction? Because taking too much nicotine does not make one drunk, does not produce any change in behavior or interfere with my job, my family or my social position. I can keep my tobacco addiction and my home life, my job and my social status; this addiction doesn't threaten my capacity to operate.

The parts of your body that rebel say, "We can no longer adapt to that substance." Many parts of the body break down at this point, protest physical adaptation; this experience is very distressing. Nicotine becomes a very strong sedative; when the brain is denied the daily dose after it has become addicted, it cannot stop; physically something is lacking. For a long time after that the mental motors keep going, aware that something is missing. Finally after a long period it gets used to the idea, and is not aware of anything missing. Once you have reached this point, you will not revive the old habit; the same with alcohol.

The power of protest of adaptation to govern a person varies according to the person. Some people appear incapable of becoming addicted to food; they seem unable to take too much. They either get thin or they get fat. Some families can eat what they wish without gaining weight; others gain very easily; they are able to adapt to too much food better than other families.

The person who has the ability to consume a large amount of alcohol, may lose his tolerance. The one who easily drinks somebody under the table may be known to have a high tolerance level. As a result, a head injury or concussion may very quickly deprive him of his ability to tolerate this anesthetic drug.

I know a physician who never consumed much alcohol.



He drank occasionally for social reasons, but not the quantity that would impair his ability to meet the demands of any given situation. He lost his ability to drink anything after he got meningitis. I've known a man who went into the Army with a normal tolerance for alcohol—normal to the extent that the expected thing happened to him. By coming close to death in a Japanese prison camp, he lost his ability to drink at all.

Most people acquire this break in their ability to handle alcohol, not as the result of meningitis, head injury or malnutrition, but from the repeated effect of alcohol itself, in large quantities and the associations surrounding them.

Alcohol may produce, for the person who has lost his previous tolerance level, a Jeekyll-Hyde change in personality. This is a change which you cannot detect by physical examinations, electrocephlograms or any other type of tests. You can detect this change only by the way his drinking patterns now differ from his previous patterns. Anyone may have an occasional break in the way he tolerates alcohol, but if it's a consistent reaction he has lost his ability to tolerate alcohol at all. So we are left with the problem of teaching this person how to live without the use of the substance which he had been socially and psychologically dependent upon.

When a person attempts to carry on with his need for alcohol, in spite of the fact that his brain tries to signal its time to stop, he encounters the type of problems that occupy so much time and cost.

This addiction to alcohol can be described as one of the most serious of all addictions from the stand point of society. Nothing similar occurs in the life story of the morphine addict. In addiction to the anesthetic class of drugs you are liable to encounter the repeated threat of completely uncontrolled behavior.

---

GOSSIP: "I wouldn't like to say he drinks too much, but every time he bends his elbow, his mouth snaps open." Catholic Digest.

# Cocktails: Sipper, Gulper, Slurper

By Gladys Taylor

From Dissent

A Column in The  
Toronto Telegram

**I** HATE COCKTAIL PARTIES. And I'm not just saying this because I think the breathalyzer test will get me.

Actually I'd have come out from behind my ice cubes and admitted it long ago if I hadn't realized that an admission of this kind in our lift-a-glass society is tantamount to jumping in the social pool with a stone tied around my drinking arm.

But now with the breathalyzer hanging like the sword of Damocles over our recreation room bars, I figure I've got nothing to lose by letting my temperance show.

After all what future has the cocktail party got with a .05 alcoholic content level only a law away?

Why do I hate cocktail parties?

Because, among other things, I think they are taking:

—the imagination out of entertaining; the wit out of conversation;

—the till-do-us-part out of marriage.

For instance how imaginative need a hostess be when all she is expected to provide for a party is a loaded bar, a tray of canapes and enough elbow-bending room for each guest? Shades of Victoria's salons!

How witty can a fellow be when, after obligingly saying yes to every refill his host offers, he finds he not only can't see the cutie he's stalking — through the haze of her cigarette and the fumes of his whiskey, that is — but also discovers that "hish damned tongue won't shay all thosh funny shings he thought of while he wash showering". Could Samuel Johnson have done better against such odds?

---

Mrs. Taylor is a Toronto writer, literary critic, and author of the novel, "The King Tree." She contributes to "Dissent", a column in *The Toronto Telegram*, from which this article is reprinted, date January 7, 1964.

And how till-death-do-us-part can a gal feel with the rum and coke inside her saying: "Go ahead, you owe yourself a pre-40 fling"; the free-thinker outside saying "Let us live a little" and husband, scotchily ogling the clinging vine from next door, practically pushing her into adultery. At a cocktail party it's so easy to get Reno-ed.

I recently saw a television show depicting all the horrors of automation. It said machines would soon: select our mates, diagnose our ills and get our jobs.

I've got news for automation. Alcohol has been doing this for years.

Tell me, how many mates haven't been chosen on the strength of hot eyes meeting over rye on rocks? And how many misunderstood husbands haven't tipsily told the nearest blonde she was just what the doctor ordered?

As for jobs, I have it on the best female authority that bosses' wives have long kept drink-charts on their husband's executives. In fact not only is their liquor intake tabulated but how they take it in. Consequently one section of the boss-women's drink chart reads something like this:

**Liquor Sipper** — Not socially well oriented. Probably won't mix with the rest of the staff.

**Gulper** — Watch out. Could be candidate for Alcoholics Anonymous.

**Slurper** — Untidy. But might be top-drawer calibre.

**Regurgitator** — Fire him! He ruined my bathroom.

Why fight the breathalyzer test boys? It's a lead-pipe cinch compared to the boss' wife's liquor slide rules.

It has been my experience that cocktail party is an Establishment name for the lumber-jack drinkathon. In one place where we lived you were not socially accepted, or acceptable unless you could drink your way through cocktail invitations before reaching the New Year's Eve ball. It convinced me of one thing: the reason cocktail parties are so crowded is that the hostess wants to be sure the crush will keep each guest upright.

One aspect of the cocktail crowd has always puzzled me.

For the most part it is made up of sophisticated, successful, highly intelligent and/or cultured people. These same individuals wouldn't think of listening to the same speech twice much less sitting through the annual TV re-runs. And yet they will spend night after night, week after week, and year after year attending cocktail parties which have as little mental variation as the bust measurements of a harem of beauty queens.

I can only assume that cocktail party addiction eventually turns you into a zombie (rum, fruit juice, and liquor filled of course). So conformable a zombie that your tongue automatically articulates the proper cocktail-hour cliches, your drinking arm automatically rises and falls in the prescribed rhythm and your stomach muscles automatically flash a warning signal when the glass level nears empty.

---

# The Woman Alcoholic

By Margaret Rampton

A Finalist in  
the Roberts Awards of 1963

University of Utah  
Salt Lake City '63

**I**N RECENT DECADES, with a partial relaxation of the traditional stigma against consumption of alcoholic beverages by women, a serious sociological problem has been created for American families. As Joy Miller, women's editor for the Associated Press, writes, 'Drinking has been moved to the home from the saloon.'

Whether it is mother or father, husband or wife, son or daughter who becomes a problem drinker, the family is seriously affected; but if the alcoholic is a wife and mother, the problem takes on added dimension.

The number of women who are compulsive drinkers is surprising. Clyde Gooderham, chairman of the Utah State Board on Alcoholism, reports that there are approximately

*February, 1964*

77

14,000 alcoholics in Utah, of whom one out of six is a woman. This is the case in a state which has the nation's lowest reported per capita consumption of alcohol, and where the predominant religion places a moral as well as a health sanction on drinking, a factor which would tend to have greater influence on women than on men. On the national scene, Dr. Marvin Block, chairman of the American Medical Association Committee on Alcoholism, believes that the ratio of alcoholic men to women may be about 50-50. Although the currently accepted ratio is one woman to every five men, he says, a more equal ratio is probably more correct. This is because official figures refer primarily to patients in clinics, and women, because of their families and the social stigma placed on their drinking, are less likely than men to seek public help for alcoholism.

Joy Miller quotes a spokesman for Alcoholics Anonymous as saying that this organization's meetings are being attended by more and more women, although there is no statistical breakdown according to sex available. Alcoholism affects women of all ages, all economic and social levels, and the average woman alcoholic is above average in intelligence and income bracket.

The causes of alcoholism among housewives are not certain, and may be varied. Mr. Gooderham reports that two factors—a psychological one and a physiological one—must be present in a person who becomes a true alcoholic, i.e., a drinker incapable of controlling his drinking by his own efforts. Serious psychological and emotional problems without the physiological factor may lead a person to become a serious "problem drinker," although there may be no physical compulsion to drink. In either case, the sociological effect upon the family would probably be very nearly the same.

Miss Miller says that the admittance of social drinking to the home—drinking shared there by husband and wife—has contributed to the rise in the number of woman alcoholics. Dr. Margaret Mead, the anthropologist, blames in part the movement of many families to cities and suburbs. In this new

environment, she says, the woman is removed from familiar contacts and activities and from an atmosphere of religious and social sanction against drinking by women. In her new surroundings she is both lonelier and more anonymous, and alcoholism becomes an escape from the loneliness while remaining hidden, at least for a time, behind the anonymity.

If she is a working wife, says Dr. Giorgio Lolli, former director of the Yale Plan Clinic for Alcoholics, alcoholism may be brought on by the pressures which men meet in the professional world.

Whatever the causes, alcoholism introduced into the family by the woman has serious consequences. They are most serious when there are children in the family. Dr. Herman F. Krimmel, M. D. and director of case work at the Cleveland Center on Alcoholism, discusses this problem. Alcoholism in the family, he says, forces the family into an involuntary alliance in an attempt to hide the problem from outside observers. Miss Miller points out that the social stigma against women alcoholics is still greater than that against men. Dr. Ruth Fox, medical director of the National Council on Alcoholism, says that, while a woman may be able to shield her children from the full impact of her husband's alcoholism, this cannot be done if she herself is the alcoholic. "Because of the closeness of children to the mother, they are apt to suffer irreparable damage. The seemingly sudden withdrawal of love may lead to deep and lasting feelings of rejection, isolation and abandonment."

Children are subjected to unpredictable and inexplicable moods on the part of the mother, quarrels, unreasonable jealousies, and even physical violence between the two parents, disapproval and taunts from neighbors and other children. The child may have his values distorted as he sees one parent forced to assume the roles of both in the family. The child's loyalties become divided and sometime used as weapons by the parents.

The woman alcoholic also faces serious problems in her marital relations. Studies have shown that men tend to be



less patient toward alcoholic spouses than women do, says Miss Miller, and more inclined to be ashamed of the problem or unwilling to admit that it exists and that their wives need outside help. Many wives succeed in hiding their alcoholism from their husbands for some time, but cannot do so indefinitely, and the discovery may have tragic domestic consequences.

The picture of alcoholism in the family where the woman is the problem drinker is not complete with this brief treatment, but this partial examination of the extent, causes and effects of alcoholism among women will serve to suggest the seriousness of the problem and the need for its extensive study and treatment.

---

## The Role Of Alcohol In A Military Family

By Barbara Cook

A Finalist  
Editorial of 1963

Acadia University '66  
Wolfville, Nova Scotia

**A**LCOHOL IN A FAMILY plays an inevitable role, whether it be negative or positive. Environment is an important factor in determining this classification. Many military families guard against the facts which I shall expose, many do not.

A military community affords a certain security and closely knit atmosphere that is not found on 'civi-street'. However this sense of security more often than not is the very instrument which ruins the lives of many families. Excellent homes, schools and medical services as well as recreational facilities are made available to all servicemen and their families. These families have every advantage to lead a happy, well-rounded life. Yet this security and provision

---

This paper by Miss Cook won a finalist place among twenty seven others at the International position in the Roberts' Awards of 1963 because of original thinking related to application of the theme of the year.

often tends to lead to a greater waste of the paycheck than one would think. Even living in a military environment you will see children uncared for, poorly fed and clothed. This is more often than not the result of a binge every pay-night.

Many servicemen find alcoholic aid necessary in facing the everyday problems in their work. The day to day routine, the constant pressure of authority, being reminded what to do, what not to do, how, when and where to do it, leads to the need for an outlet. Many servicemen find an adequate outlet in their families and homes or some particular sport. Many find this outlet in drinking. Every single night of the week the traditional "mess-crawlers" can be seen "drowning their sorrows". The indispensable Friday night "Happy Hour" when beer is sold in the Mess at five cents a pint, sets off the week end. Fun is sought, the psychologists say, after the vexation of a hectic week and realities seem less dangerous because two days and three nights separate you from the labours of the following Monday.

The status factor is also important. There is a familiar expression used perhaps more often in military life than elsewhere. That is, "rank conscious". Naturally there must be different rank levels for the service to function properly. However the barriers which place the wives and children of corporals, sergeants and officers in such separate and distinct classes are, in my opinion, one of the black marks against military life. The young housewife who must accustom herself to this class competition as well as the constant job of settling and resettling her household with every move, may easily turn to alcohol as a tonic to her troubles.

Many military families engage in informal entertainment in their homes just as any families do. However this entertainment is carried on to a greater extent because of the closeness of neighbours. Drinking in the home is frequent. Thus the children are introduced to alcohol and its effects, either from the house parties, 'daddy' stumbling home from the mess with the cold supper still on the table, or 'mummy's' "Sherry Party" at three that afternoon. (This is a typical

habit found especially among officer's wives.)

Military children are in closer contact with the law than is usual. On some camps a curfew of nine o'clock is enforced for all those who are sixteen or under. The stations are kept under nightly surveillance by cruising provosts. Of course adolescents are fascinated rather than scared by dangers and hence the service police, better known by the friendly terms, "S.P.'s" or "Meatheads", have a full time job keeping peace. Adolescent use of alcohol is one of their greatest problems. The availability of liquor soon becomes obvious to the teenager. At eighteen many attain access to the Airman's Wet Canteen, for example. If not they merely request a favour from an apprentice or airman "buddy". The week end routine gradually becomes a habit with the younger men in the family as well as the older.

Is there a remedy to the problem? I have two recommendations in particular:

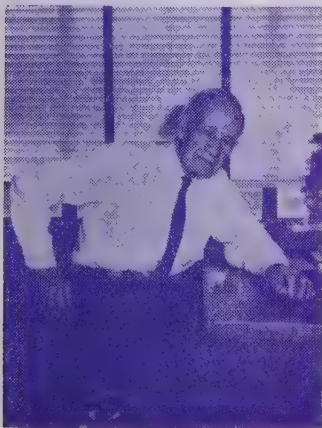
- a. A reduction in the number of Messes on a military camp and a greater restriction on the use of alcoholic beverages, especially their availability to the teenage dependent. A newcomer or visitor often finds himself somewhat surprised at the numerous and impressive buildings which bear the common label, the ---'s Mess. The extreme availability of liquor is the apex of the drinking problem on military bases.
- b. Instruction to young people on alcohol and its effects. If handled in the proper manner, i.e. excluding Puritan extremes in the rules of the use of alcohol, instruction of this sort could be very useful. To a young teenager the mystery of alcohol and its effects is the very attracting feature. Drinking presents a challenge to them and they are full of admiration and jealousy when they hear boasts from the "older" kids about their escapades, how they all got "stoned", and what a "ball" they had. A friendly, but straight forward presentation of the facts about alcohol would demolish teenage illusions about drinking.

I hope that I have convinced the reader that drinking in a military environment presents a very real problem.

# Social Traditions, Mores And Never-Ending Idealism

By Harry S. Warner, L.H.D.

**T**HE SPIRIT of adventurous service, particularly as it appears in the upper college and graduate years of many of us, to give a few volunteer—even sacrificial years to an idealistic field of human need, or **a life-time**, lives on today as in 1900 and all the years between.



Mr. Warner

Just two weeks before this page was written (in 1963), 42 graduates from various colleges in the United States, finished ten weeks of special training at Ohio University for the Peace Corps service. Ten days later they were on their way to the West to join others sent out last year, to share with primitive natives in developing a new independent state, the Federal Republic of the Cameroons. From the Intercollegiate School of Alcohol Studies at McMaster University, Ontario, a week or two earlier, 43 students, college instructors and younger adults

of Canada and the United States, returned to college or home, with a deeper understanding and a new sense of devotion to give creative service as citizens toward reducing excesses of Alcohol and Alcoholism in North America, with similar devotion to this great World Problem of Today, that has left

in our culture between 5,000,000 and 7,500,000 'alcoholic sick', inebriates and alcoholics.

### **The Question-Today : What Is It?**

The Problem of Alcohol? "Problems of Alcohol?" What do we mean by these questions? Or do we know what we mean or have we a concern to know? What does "drink" mean in our social and national life and how did it come to mean what it does?

For it is one question if that meaning concerns "just a little too much"—or personal excess—but it requires a much deeper understanding if the problem as a whole is in question.

How far have we gone when we, the public, study the specifics—"The Alcoholic," "alcoholism," "the illness called alcoholism," "temperance," "moderation," "abstinence," "euphoria," "this tranquilizing drug," "this gift of the Gods," "this curse of drunkenness"—matters that each mature adult decides for himself. Or does he? "Where do the serious questions arise, or do they?" "What are the sources, the basic consequences in the life of the family, community, and the nation?"

Or, the unanswered challenge, "Is alcoholism a sickness, a sin, or just an emotional disorder? Cause or sequence, or both? Why concern ourselves with it anyhow? And who do?

### **Age-Old Cult in Modern Culture**

It should be made clear that this problem—or set of problems—has perplexed human living ever since the childhood of civilization. It is age-old, yet super-modern sorely controverted, not fully understood; and occasion for continuous scientific research, unlimited rough—and tragic—experience, and present-day indecision. For, as Lecomte du Nouy suggests, real progress toward resolving such questions require far-reaching changes in cultural attitudes, as well as scientific understanding and long time programs. But these can be made. And to this end the trends of recent years toward acceptance of the culture of "alcoholic pleasure" now demands the decisive attention of these moderation groups themselves.

This tradition of the ages, deeply imbedded in more than half of present-day culture, dramatically exhibited in the childish "Do-as-the-Joneses-do" practices of current society, and in the exhibitionism of teen-agers, makes both social control and severe group discipline necessary because of the intoxicating character of the release that this "pleasure drug" gives. The risks taken by the individual and his group hitherto have been evaded. They make the decision but the consequences of that decision, drunkenness and alcoholism wherever the use of beverage alcohol prevails, basically and always are so serious to human living that **they equal or outweigh** the destructive effects of all the wars of present and past ages.

The reaction of people to these consequences are, as those relating to war, complex and self-contradictory.

"The Alcoholic" is no more **the** (whole) problem than is the loss of a few men, or one battle, the whole of a modern war. Thus, from the primitive years of life in the forests, there have been divergent reactions against alcohol. Ancient tribes, preparing for a night of drinking, required a part of the tribe to remain sober as does an auto load of teenagers to drive the car. Drunken helplessness led to ethical and religious criticism of the state of intoxication, as in itself immoral. "The Nectar of the Gods" became a "Work of the Devil."

### **Ambivalence in the Custom**

The various and often conflicting satisfactions thus deeply set in the drinking culture are explained by Dr. Abraham Meyerson, Harvard sociologist and medical expert, who says that "alcohol is the drug that is used to enhance fellowship and evince gaiety, celebration and economy." "That it is not simply a drug of escape and oblivion," but "That it is also, one of celebration and ceremony." He shows also that society "Extols and builds up the manufacture and sale into a major industry, exerting great propaganda power, encouraging its use . . . synonymous with sociability . . . extolling the capacity to drink. "On the other hand it punishes, mocks and derides the alcoholic," . . . a stock source of humor is "the



drunkard or the man under influence of alcohol."

Thus society as a whole, both wants and rejects alcohol. "This," says Dr. Meyerson, "Is outstanding in early and modern culture, it occurs even in drinking groups," there are no such mixed attitudes toward the use of any other drug so far as Western Civilization is concerned."

Thus broadly, the culture of today is one-third or more non-alcoholic, one-third moderately alcoholic, and one-third very alcoholic.

But is this division in the United States as accurate as it can be? Another classification may be made from the same statistics and over-all facts as follows:

1. The majority section of society today accepts and practices drink customs. Alcohol is important to them, socially and economically. This section includes also heavy and compulsive users; those who are interested directly or indirectly in the industry; government officers who raise taxes; every one who pays taxes; those who by prestige and social influence approve the satisfactions they gain from alcohol. Almost all surveys of the 65%, or by later 72%, classed as "drinkers" are in these groups. They give support to the drink cult as it is, sometimes with little or no regard to its questionable aspects; sometimes because their employment forces them to; sometimes because political expediency forces them to.

2. The non-drinking 35%, more or less, a very substantial and persistent minority, reject alcohol as a beverage. They regard it as a source of mental and emotional disorders, ill health, personal and public danger, delinquency and crime in the community. This clear-cut section is found parallel to the drink section wherever and whenever drinking prevails generally:

3. But there are also many among the drinkers who question alcohol as a frequent drink: (a) Those who use very small amounts yet are deeply concerned about the dangers in the custom, and in their own habits. To them their drinking is **unimportant**. (b) Men and women who have **serious**

**personal experience** with alcohol and have rejected it for themselves—recovered heavy drinkers, the great body of AA's. Here alcohol is seriously, often desperately important. (c) The **real moderates** who accept strong self and social restraint, seek to reduce excess and support legal restriction and control. Many of these accept full responsibility and are ready to set aside their own use, if and when to do so would aid youth or the community.

### Enlarging Strength For A New Advance

Within these last groups lies a great new opportunity to enlarge constructive service, and instill or deepen their sense of democratic responsibility for control of their own customs; for concern for the consequences that they now leave to others. **By cooperation with them**, a new advance in practical, tested steps toward reduction of drunkenness should now be expected. Why should they not be invited? Accept a share in the struggle? Give creative service to enlarge the total of these who are giving and **doing something** about it?

One-third of our total population is fully alcoholic; one-third non-alcoholic; another third questions the cult even while participating in it.

The problem today is mainly a social problem, because of its social consequences. Neither personal abstinence alone nor rehabilitation of the alcoholic alone can solve it: both are factors in a more fundamental change to the sense of **democratic responsibility** that is necessary in the larger advance toward the reduction of alcoholism, that must now be made.

Recent scientific research makes it clear that alcoholics come from every walk of life, that people of unstable personalities are the first to become heavy or compulsive drinkers. They include the nervously disturbed, the emotionally disordered, the neurotic, the immature, children from broken homes—youths whose parents have been cruel, overly possessive, and dictatorial. From this source come 40% or more of our 5,000,000 alcoholics and many excessive drinkers.

But anyone, however free from personality defects, may

become an alcoholic. Regular and heavy drinking leads to this condition. Dr. E. M. Jellinek, of the World Health Organization, has estimated that up to 60% of all American alcoholics reached this stage mainly out of ordinary social drinking.

There are distressed personalities in the non-drinking culture, of course. But they do not—cannot—become alcoholics until alcohol has **been added** to their unhappiness or neurosis. A disturbed person who never drinks will remain a disturbed person. Only when he accepts drink, in effect joins the alcohol cult, can he become an alcoholic. It is absurd to call anyone an “alcoholic” who never took a drink of alcohol.

The active factor that adds alcoholism to his neurosis, comes from his cultural environment. As stated by Dr. John Dollard, anthropologist of Yale, “there must be a social and cultural situation which provides occasion and some degree of permission before a neurotic can even begin the process of becoming an alcoholic.”

### **Basic Divergent Trends**

For many ages, but particularly in the past one hundred fifty years, two very different trends in culture, have been existing side by side, in North America and Western Europe.

First, the cult that **fully accepts** the traditions of drink, naturally and without critical attention. Here pleasure, prestige, and profit motives are dominant; unfortunate consequences are minimized or ignored.

Second, the cult that **seriously questions** alcoholic satisfactions as dangerous to persons and socially deteriorating. This is the third or more of society which practices abstinence and declines toxic culture as a disorderly way of life.

### **The Non-Drinking Culture**

Through the ages, the non-drinking culture, usually in the minority, is present wherever drink has prevailed, in the past and at present. Two hundred years ago almost all adults in America used liquor, on rare occasions or oftener; now nearly a third seldom, or never do.

For 150 years in the United States, Canada, Great Britain, and the Scandinavian and Germanic countries and else-

where, non-alcoholic culture grew in social influence and personal practice. The number of those who discarded the custom reached a peak from 1910 to 1932. Social disapproval was at its highest about 1925. After that a reaction toward wider drinking occurred in the United States, Canada, and Great Britain. This change was closely parallel with the money depression of the late twenties and early thirties.

### **The Approach to Maturity**

It seems clear to me therefore, after 63 years of study and observation, that the problems of beverage alcohol in society come mainly from the personality and the social group of personalities rather than a particular anesthetic drug. Certainly there are enough tranquillizers and anesthetics in drug store windows from which to choose an escape from frustration and unhappiness, if alcohol had not been so prominent in the picture.

The problems of alcohol have now taken on new meaning; there is renewed questioning. Study and research must now be on wider grounds than when this problem was regarded as purely personal. For to recognize and study the two-directional trends in alcoholic culture requires the examination of social sources, motivations, and objective evaluation of the cult of pleasure drinking itself.

The unfortunate sequences of the drinking cult do not and cannot be limited to the drinker, social or "moderate," and his local group. They spread out through the community; they affect the lives of all in direct and indirect contact with the drinking group; they influence the standards of the society of which they are a part. These unavoidable sequences are far-reaching, persistent and great, if not inevitable. In extent the casualties of heavy drinking and drunkenness, the creation of alcohol addicts in the nation; the deterioration of the 5,500,000 citizens who become inebriates, is a national tragedy equivalent to a war of nations. The polite custom of friendly social drinking thus comes into question as closely related to the initiating and cultural atmosphere in which most alcoholism begins.

This aspect of the alcohol problem, **responsibility**, should now be taken into account as most significant. It has been overlooked or minimized in both the "temperance movement" and in "the alcoholic" and alcoholism emphases of recent years.

The problem is now of mass drug satisfaction, correlated closely and unavoidably with mass dependence by millions on a questionable drug for the happiness which healthful living gives. This use of the drug alcohol is beyond all question more prevalent, excessive and worse in social consequences than is the use of all other drugs combined.

Is it reasonable to expect, therefore, that to be temperate can become a basic philosophy under these realistic conditions? Is it possible? Can the spreading and deepening trends toward the anesthesia of alcohol go on unrestrained without a corresponding increase in the number of addicts? Can the environment out of which modern alcoholism comes by the millions be improved? Can "alcoholic sickness" be reduced—then eliminated as yellow fever, malaria and diphtheria were eliminated years ago? As tuberculosis and other diseases are now being conquered by medical science? Can drinking driving, petty and major crime, the liquor share in juvenile delinquency, in slum life, be substantially reduced while mild degrees of intoxication—to say nothing of the heavier—retain the dominant but thoughtless and irresponsible approval of the 65% of public practice and opinion they now possess?

How can education toward restraint and control, toward the growth of dependence on recreation, music, religion as normal release from the frustrations and serious ills of life be fully effective, stand out **as normal and healthful** as long as prestige use and access to intoxicants is so easy? So suggestive? So commercially promoted? So unquestionably accepted by half or more of North American peoples?

Neither the history of drug pleasure, nor recent experience, nor scientific knowledge give much hope that this can be done without frankly questioning the tradition of social drink and modern economic promotion regarding the part

they play as dynamic sources of the too-well known excesses. These sources should now be studied, recognized for what they are, for steps that may be taken toward improvement—by all who help initiate solution of the problems of alcohol—toward prevention of alcoholism and its end-product, the Alcoholic. These sources as well as the nervous disorders and emotional immunity that mark the potential alcoholic are basic factors that should no longer be ignored in this last half of the 20th century.

### A Confident New Beginning

The knowledge that scientific research, history and human observation together reveal, is shown clearly that it must be undertaken from many different approaches. No one attitude, objective, field of service is enough if operating alone. The **curative**, by the doctor, counselor, minister; the **rehabilitative**, by the A.A., the Salvation Army, and the psychiatrist; the **industrial relations** program is the factory that seeks to recover high-grade employees from alcoholism; the **restoration of neglected neighborhoods** to head off juvenile delinquency; **personal counseling** by religious, medical, psychiatric, and welfare experts with youth and those who have alcohol problems; **basic preventive** and never-ending education of parents and their children; **objective scientific** education in the schools; **more vitalized education** in the home and church, especially among young adults—the parents and social leaders; **increasing instruction** in colleges on all aspects of the problem, particularly in Psychology, Sociology, Personal and Public Health and Government; **student group** discussion in preparation for service and citizen leadership; **active participation** by all citizens in the never-ending struggles in civic, social, municipal, state and national politics that have to do with public opinion; and effective **legal control** or final banishment of alcohol as a dangerous drug, as other drugs of similar characters are treated. These **many approaches** are now **necessary** if “the fourth greatest illness” that affects humanity is to be substantially reduced or eliminated.

Both immediate and long-range programs are now im-



perative. Resources in experience and scientific research are now more abundant than ever before. A constructive approach, broad enough, deep enough, continuous enough, and of long enough range to undermine all the known sources of alcoholism—personal, social, economic—and its degrading consequences in human living, may now have a confident beginning—a far more confident beginning than at any previous time in the century of experimentation. For those experiments have brought out both the size of the job and the necessity of doing it.

---

### At the Close of Office Hours

Late one Saturday afternoon, just after I had written one of our largest contributors and before I could sign the letter, the woman who cleans the office each evening, came in, saying cheerfully as always:

"It's about time for you to go home."

"Well, Yes and No," I answered—then added: "I like my work here and want to stay as long as possible—and besides, I have no 'home'—just a hotel room."

Then she said; "I guess I have no home either; my husband drinks, and it is terrible. I have done everything I can; I don't know what else to do; he gets mad at the idea of A.A."

After a few of what I trust were helpful words, I could not but drop my head to the desk and say to myself—

"Thank God for the privilege of being able to do something"—even if it is at a very different point—but greatly needed—and most-far reaching—these days—the basic educational approach to our present generation of coming leaders of culture and public opinion.

— Harry S. Warner

---

### TO The Editor:

Congratulations are in order for the fine job you are doing in writing the history of the Intercollegiate Association. I find it thrilling reading, and pass my copy of **The International Student** along.

—George McPherson, Jr., Professor of Electrical Engineering, University of Mo., Rolla, Mo.

# The Problems Of Alcohol Today

"Seek the Truth  
Come Whence it May  
Lead where it will"

## A 37 Per Cent Increase in Eight Years

There were 296 alcoholism-related deaths in Florida in 1962 according to the Director of the State Board of Health, an increase of 37% over 1953—a leveling off in the recent climb alcohol-related deaths. An Alcoholic Information week has been slated nationally, reports the National Council on Alcoholism, Inc.

---

## Drinking Like Inhaling Ether

In a 1 ounce-shot glass of 100-proof liquor, there is about half an ounce of straight alcohol and the same holds true for an ordinary glass of wine and a ten-ounce glass of 4 percent beer, states Andrew G. Hanners, director of education, California Council on Alcohol Problems, in the May-June **Listen** Magazine, in "What's All This Fuss About Drinking?"

Hanners likened drinking to inhaling ether. There isn't anything that alcohol can do to a person that ether can't do and do it faster and better—or worse, depending on your point of view. But it isn't especially acceptable to go to a party with a can of ether and pass it around for everyone to breathe until he acts silly or light-headed.

---

## May Become Alcoholics

Whether you escape your frustrations with a round of golf or a social drink, you will never realize the danger of alcoholism until you learn that alcohol is an addiction-producing drug.

It is quite possible to be a moderate drinker for years and then under stress become an alcoholic, said Dr. Winton H. Beaven, associate secretary, National Committee for the

Prevention of Alcoholism, in the Sept.-Oct., 1963 **Listen** magazine.

---

### **An A.A. in A State Penitentiary Group Says:**

I am an alcoholic, not by chance, choice, nor desire, but mere weakness; like thousands of others, some by chance many by choice, and a majority from desire of the stuff. Since there are men and women of every status caught in this destructive temptation, I believe it wise and proper to rule out ignorance and stupidity.

Loneliness, depression, jealousy, and poor judgement are only a few of the stumbling steps to the road of dark drinking. The Will to overcome this shame and body wrecking sickness is up to the individual. One must have faith and believe in the Almighty, in order to follow the twelve steps to peace, self respect, and light again.

It's true we're like lost sheep in a darkness of terror and pain. All of us can hold our heads straight with dignity, pride and self-respect if we fight the devil.—Forever cease drinking that poignant alcohol! It took most of us, many headaches and nightmares to know the road we were on had no light and joy. Now that we have wisdom and the courage to wring ourselves out dry, let's all do less talking and more fighting and praying to clear our minds, body and soul. —Don K.

---

### **The Major Highway Killer Is The Drinking Driver**

The State of Maryland has an accident investigation squad which checks the content of alcohol in the blood of all drivers and pedestrians involved in accidents where this can be done within six hours after the accident occurs. Its report for last year: Nearly three-fourths of drivers and two-thirds of pedestrians "had been drinking."

An eight-year investigation of one-car accidents in West Chester County, New York, Seventy-three percent of the drivers "had been drinking."

A New Jersey check covering a full year of highway accidents showed 54 per cent of drivers and pedestrians had been

drinking.

It has not been many years since the National Safety Council's estimate was **25 per cent**. Now if these reports are a criterion, it is **more than** 50 per cent. "**Accident Facts**," published by the National Safety Council.

### **The Overlooked Sources**

In a lecture at the first Yale School, Dr. E. M. Jellinek reported that—"Among excessive drinkers, from 10 to 20 per cent, have become excessive only after the development of a mental disorder. To these, inebriety is only a symptom. More important is the individual who has no mental disorder, but who deviates from the normal sufficiently to solve his conflicts in socially unacceptable ways. But this so-called problem drinker also forms only a small part of the inebriate population. The largest part appears to come from entirely normal origins, brought to excess through social factors, rather than personality factors. Ultimately they, too, become medical problems. Primarily, therefore, inebriety is a social problem which, secondarily, takes on medical aspects."

From these backgrounds of later research constantly renewed, the Association has been working, at the level of college education in recent years. The purposes of the "new approach" that had been maturing within the Intercollegiate Association thus came to have a more scientific foundation from the beginning for its: Seek the truth fearlessly, Wherever it may be found; Study—then decide. Promote study and discussion, in college, the community, city, state and nation.

---

### **THE INTERNATIONAL STUDENT**

Edited for those who think — or think they think — or want to think about alcohol in social living.

Seeks to be objective; to accept truth wherever it may lead regarding the impact of alcoholic drink in life today.

Provides educational and scientific material to aid discussion and study groups.

Of its circulation 95% is in college communities. Reports news and activities in college communities that reflect constructive thinking and applied service.



McMaster University, Hamilton, Ontario, Canada

**THE FIFTEENTH ANNUAL INTERCOLLEGIATE SCHOOL  
Of Alcohol Studies, McMaster University  
August 22-27, 1964**

Sponsored by The Intercollegiate Association for Study of  
the Alcohol Problem

---

*For program, information, and enrollment write  
the Westerville, Office*

---

**John A. Linton**  
Vice President  
11 Prince Arthur Ave.  
Toronto 5, Ontario

**Harry S. Warner**  
General Secretary  
110 S. State St.  
Westerville, Ohio

---

2 15352 2A-15  
PACIF.SCH.OF RELIGION  
LIBRARY-1799 SCENIC AVE  
BERKELEY 9 CALIF

THE  
INTERNATIONAL

APRIL 1964

WEST VIRGINIA  
COLLEGE  
LIBRARY  
OF ALCOHOL

# *Student*

## *Journal of Alcohol Studies*

### *In This Number*

- Taking "McMaster" to the Home Campus 99-108  
Changes in Student Attitudes .....110  
Interpreting Recent Findings .....115  
Activities of The Intercollegiate Association 119  
New Understanding Leads Toward a  
Many-sided Approach .....123  
Intercollegiate School of 1964 .....125

Library; West Virginia Wesleyan College,  
Buckhannon, W. Va.





# THE INTERNATIONAL STUDENT

EDITED FOR THOSE WHO THINK—or  
*Think They Think—or Want to Think*

Harry S. Warner, Editor  
R. David Alkire, Associate

OFFICIAL PUBLICATION OF THE INTERCOLLEGIATE ASSOCIATION  
FOR STUDY OF THE ALCOHOL PROBLEM

April, 1964

Vol. 61, No. 4

---

## TRENDS OF INTOXICATION

*From this experiment it is easy to see that alcoholic intoxication interfered with the learned behaviors in the reverse order of learning. What was learned last was forgotten first, and what was learned first was forgotten last. Such is also the effect of alcohol on men and women. The conduct and habit patterns learned latest in life are affected first and the experiences and simpler functions learned earliest in life are affected last.—E. M. JELLINEK, D.Sc., Yale School of Alcohol Studies.*

---

Second Class Postage Paid at Westerville, Ohio. Published four times a year in Sept., Nov., Feb. and April. Subscription \$1.50 per year; two years \$2.50.

The Intercollegiate Association  
110 South State St., Westerville, Ohio.

# Taking "McMaster 1963" To The Home Campus

As "Andy" Did It

**U**NDER THE LEAD OF Morgan Anderson, '65 who had just returned from the 1963 McMaster Intercollegiate School of Alcoholic Studies in August, 1963, a group of students and faculty members of West Virginia Wesleyan College, Buckhannon, organized a plan that would involve the whole campus in a week-end of objective and scientific study of alcohol and alcoholism, and scheduled it for February 21-23, 1964. As the name of the week-end, **Symposium of Alcohol—Man's Relationship**, implied, authorities in the field would be invited to speak and lead discussion. All the sessions for three days were to be informal, relaxed, and highlighted with student participation. To insure the presence of a truly representative section of Wesleyan's campus, the committee asked the various campus organizations to send delegates to the Symposium. The program, however, was open and planned for everyone —



**Morgan A. Anderson**  
students and faculty.

"We planned the Symposium as a scientific, and when not strictly scientific, then objective, study of man's use and misuse of alcohol. At no time will the audience be the object of propaganda. We hope that the emotionalized aspects of this issue can be forgotten while we investigate the real problems, causes, and principles, as our speakers see them." The goals:

1. To negate the effects of misinformation about alcohol.

2. To train in the recognition and prevention of alcoholism.
3. To provide students with scientific facts and sound reasoning with which to make personal decisions.
4. To create understanding between points of view about alcohol.

The **Wesleyan Alcohol Symposium** was completely independent of any other campus organization or administration.

Seeking to center attention on the larger problems of alcoholism, the advance announcement contained this statement:

"Of course, speakers and students will have complete freedom to say and ask what they wish, but it is the hope of the committee that we avoid the question of college drinking regulations and any other topic that may bring mere exchange of opinion, rather than the **desirable exchange of knowledge**. The question of college drinking rules is an important one but we hope we can ignore it long enough to achieve a deeper look into this phenomenon in society."

"When I returned from McMaster last fall," wrote Morgan Anderson when asked how student interest in such a project could be gained, "I outlined the program to the college administrators. They promised moral and financial support. I contacted six or seven student leaders who agreed to serve on a planning committee; two faculty members were added. We met once in November, once in December, twice in January, and twice in February. The committee selected date and place and recommended speakers and subjects. I was given charge of providing the speakers. We advertised in the campus newspaper, with editorials and articles, and in chapel. Our publicity was directed to those who we believed would be antagonists to a program of this nature.

"Our first session, Friday, February 21, was an open meeting with the Alcoholics Anonymous group of Central West Virginia. Each A.A. told his personal story of struggle with drunkenness and return to sobriety; a question and

(Continued on page 103)

# Inspires An Educational Program At Her Home College

**Carol Landkamer**

**"T**HE TOPIC Alcohol and Mental Health, is surely an inspiring one. We are now organizing work on a three-week unit in the broad field of personal pathology, with a week on Alcoholism and a week for Mental Health. A local banker and another, both A.A.'s of near-by St. Cloud, told their experiences here at the college in October.



**Miss Carol Landkamer**

"Soon, I plan to invite a representative from the Minnesota Council on Alcohol Problems to speak to my classes as well as our clinical psychologist and the director of the St. Cloud Health Center," wrote Sister Aquinas Nolen, O.S.B. Professor of Sociology at the College of St. Benedict, Saint Joseph, Minn., following the return of Miss Carol Landkamer from the McMaster School of 1963, where she had been awarded highest honors in North America in the Roberts' Editorial Program.

"It has been an enjoyable weekend reading all 113 themes that my students wrote on the "Role of Alcoholic Beverages in The Family." (The previous year) I am submitting 96 . . . content-wise they have learned a great deal by their two weeks of study." This instructor used the rating sheet that had been prepared for judging these themes. She adds, "I stayed up all night to finish them . . . Thank you for this opportunity, it was our first and profitable . . . God bless you and your work in Christian Humanism, temperance, and education for living."

Miss Landkamer wrote, "I truly think this is a major  
*April, 1964*

problem and I was fascinated by the research I did before writing my paper. I believe it was a very worthwhile thing to do, even without awarding the prize money."

As were all of the twenty-seven International Finalists of 1963, the editorial of Miss Landkamer was given final judging by Dr. George A. Douglas, Professor of Family Relations, now an instructor in Sociology on The University of the Seven Seas, making two semesters round-the-world teaching tours. Thirty years earlier, following graduation at the University of Michigan, George A. Douglas was a secretary of the Intercollegiate Association for three years.

—————o—————

## **What A Scholarship To "McMaster" Means**

**Lewis W. Meredith**

**I** AM A SOCIOLOGY major in my junior year. After coming back to R.P.I. (Richmond Professional Institute) this fall with a newly created interest (from the Intercollegiate School of 1963), I managed to get placed in the Rehabilitation Division of Alcohol Studies of the Medical College as part of my field work . . . ten hours a week . . . as observer and attending staff briefings . . . came down week-ends and talked with the patients. This semester (winter of '64) with Dr. Ebbe Hoff's help, I have made a list of positive and negative group characteristics, to observe the patients (alcoholics) very carefully . . . to see if it is possible to tell in advance from these individual characteristics the outcome of the medical College's therapy.

I enjoy, more and more, working in the growing problem of alcoholism. I thought I knew a great deal. I now realize how complex the problem is . . . when I finish college, and after graduate work and the Presbyterian School of Christian Education, I plan a full time career in church work.

# Roberts' Award Writer Makes A University Survey

Donald G. Craig

**A**S HIS FIRST CONTACT with the Intercollegiate Association, Donald G. Craig, '64, University of New Hampshire, Durham, wrote an editorial and won a finalist position in the Roberts' Editorial Program of 1962-63 on the subject, "Alcohol and The Family. He attended and participated actively in the Summer School of 1963 at McMaster



Donald G. Craig

where he became leader of an undergraduate discussion group. He was then chosen by the students attending the school to be one of the student members to be elected for three years to the International Council, the governing body of the Association.

The same year, Donald helped to organize and to put into effect as the student executive, an extensive "Survey of Student Drinking Behavior" at the University that was administered by the Social Science Seminar of New Hampshire with the joint support of the New Hampshire Program on Alcoholism, Department of Health and Welfare, and the Department of Psychology and Sociology of the University.

---

## TAKING "McMASTER '63"

(Continued from page 100)

answer period followed."

Saturday morning at a coffee hour, Dr. Marvin A. Block of Buffalo, New York, Chairman of the American Medical Association Committee on Alcoholism, spoke on "The Problem of Alcoholism." On Saturday afternoon, he talked on



"The Nature and Extent of Alcoholism," followed by a discussion period.

Saturday evening, Dr. Albion Roy King, author of the text, "Basic Information On Alcohol," and Professor Herbert Buhler, Professor of Psychology at Wesleyan discussed motivations to drink.

Sunday morning, Dr. Block lectured on "The Prevention and Treatment of Alcoholism," and as at all sessions, led a splendid question and answer period.

Dr. King who had conducted programs of this nature in many colleges and universities in very recent years, ended the Symposium with a discussion of the principles involved in man's use and misuse of alcohol.

"The average attendance at the sessions of those three days was about forty", wrote Morgan later. "The quality of the session was high. Dr. Block and Dr. King were very good and worked extremely well together. The questions of the students were intelligent and their discussions sincere."

---

## Preparation Leads Into Welfare Service

Elizabeth Herion

**Y**OU MAY BE INTERESTED to know that the paper I wrote in the Roberts' Awards program of 1961, "The Road Back to Humanity," is taking on new meaning since July 1, when I began work with the Catawba County Department of Welfare. In my case work, I have already dealt with many persons who had fallen into the clutches of alcohol. Please express my thanks to those who made this honor possible.

Mrs. Elizabeth Herion Deal, Lenior Rhyne College, '61, Hickory, N.C., was winner of First Honors and a prize of \$200 on the theme, "The Role of The A.A. in the Community," at the Intercollegiate School of Alcohol Studies in 1961.

# Planning A Student--Led Seminar

Dayne D. Hassel, Jr.

UPON BEING ASSIGNED the position of chairman of a student committee to set up a seminar at Hendrix College, Conway, Arkansas, I selected a committee of 15 including a cross section of interested faculty members, the dean of students and students representing campus organizations, various interests, and contrasting philosophies, especially concerning alcohol. We held two planning sessions, formulating tentative objectives, and then concrete plans, trying always to keep student needs in mind. We came up with a schedule of events which was submitted to Dr. Albion Roy King, President of the Association, for approval and revision. I had a personal conference with Dr. King three days before our study began, to exchange ideas and insights.

On our campus alcohol is a very emotional subject. I wanted Dr. King to be aware of all of the attitudes that would confront him.

The Campus Study took place according to schedule. The total attendances at the lectures and discussion meetings approximated **850 to 900 students.**

Evaluating the Campus Study, (several months later) my reactions are: (1) It is very important that any study on alcohol, on the Hendrix campus at least, be as objective and free of religious and moral connotations as possible. (2) In this day and age, the average student is unusually critical and objective in his consideration of controversial subjects such as alcohol and alcoholism. A study such as we had, demands a highly scientific approach. We were not able to fulfill this role as well as might be hoped for. (3) Most of all I feel that the greatest benefit was that it helped the students to realize that this problem can and should be considered in an intelligent manner; it need not be confined to Sunday School.

After a summer of study at the Arkansas Medical School,

Little Rock, Dayne was awarded a scholarship to the Intercollegiate School of Alcohol Studies at McMaster by the Arkansas State Commission on Alcoholism.

"We are happy to have a part in providing this fine experience and learning opportunity to Mr. Hassel, who has done research on a biological problem." — Hoyle Houser, Jr., Executive Director, Arkansas Commission on Alcohol.

---

O

---

"The information given at the School of 1963 was presented in a **non-judgmental manner** but yet lacked none of the fervor of honest conviction. We feel that the multi-discipline approach to the problem of alcoholism is the only meaningful one and should be continued."

Mary Walker, Longwood College, Farmville, Va., for the Virginia group of nine who attended the 1963 Intercollegiate School.

---

O

---

"Thanks for the wonderful week I spent at McMaster studying and learning in the midst of fellow students and teachers across the country . . . thank you, your staff for the scholarships . . . the lectures and discussions I hope to put to good use here at home."

Jacqueline Desrochers, State Teacher's College, Holyoke, Mass.

---

O

---

"One of our winners was able to attend last year. He reported a very wonderful experience. Again I thank you for the privilege of our college participating in the editorial contest. The students really receive benefit from writing the editorials."

Prof. Ella J. Pierce, Chairman of the English Department, Mars Hill College, N.C., where 312 papers were written and six teachers and 14 classes participated.

---

O

---

"You would be gratified, I am sure, to know the enthusiasm with which my group worked on this project. They did admirable research: in our conversations I note several signifi-

cant changes in attitudes among those working on the essays. Thank you very much for giving us the opportunity to compete."

Ben W. Griffith, Chairman of the Department of English, Mercer University, Macon, Georgia.

---

"I had students in four classes write on this subject, preceding panel discussions in class. A total of 45 students wrote **on the subject** . . . Thank you for including Wartburg College among the guaranteed local awards as well as for the national."

Mrs. Margaret Garland, Prof. of English and Journalism, Wartburg College, Waverly, Iowa.

---

## The Editorial Awards Of Recent Years

**T**HE SERIES OF STUDY and editorial writing awards to college students, made possible by the invested gift of Logan H. Roberts, one of the founders of the Intercollegiate Association, and his son Donald, have encouraged thousands of students, during the past fifteen years to investigate the problems of alcohol in human living **as they would never have done**, in all probability, had not this encouragement started them thinking — and doing some research for themselves.

Significant too is the fact that some college instructors, with this teaching aid as a suggestion, have been giving assignments and much additional teaching on this social problem in their classes.

As illustration, here are the particular subjects on which awards have been given in the past fifteen years:

"Outgrowing Alcoholic Culture"

"Applying Preventive Medicine to Alcoholism"

"Social Pressure and Campus Drinking"

"Drinking: Social or Personal Responsibility"  
"Can Education Solve the Alcohol Problem?"  
"Social Drinking: What Do You Think?"  
"Opportunity of the Home in Dealing with The Problem"  
"Alcohol and Public Safety"  
"Alcohol, Tranquilizers and Other Drugs"  
"The Problems of Legal Control"  
"The Role of Alcoholics Anonymous in the Community"  
"College Drinking Rules, Are They Accomplishing Their Purpose?"  
"The Role of Alcoholic Beverages in The Family"  
"Alcohol and Mental Health" (1964)

Each year, 12 to 15 of the most interesting editorials are published in **The International Student**, thus reaching 7,000 addresses in 1,600 colleges of Canada and the United States.

For 1963-64 this program has been coordinated with scholarships from the Association to the Intercollegiate School at McMaster University, so that many of the best **writers** and **thinkers** may attend a week of special study of the **total alcohol problem** in human living under some of the best specialists in North America. The aid thus offered consists of 218 Roberts' Awards in cash, the first \$200, and 40 scholarships from other friends.

"Let me express my appreciation to you for thus encouraging good writing while counteracting the influence of intoxicating drink," wrote a college president.

---

No one is born into the world with a taste or desire for alcohol; it is not an inborn, innate, inherited characteristic. It is always an acquired taste, the outcome of social tradition, social custom, social example which has to be reimpressed upon each succeeding generation. — COURTENAY C. WEEKS, M.R.C.S., London, England, in an address to the World Student Federation Against Alcoholism.

---

# College Personnel Conference

**A** WEEK-END SEMINAR of deans of students and college personnel workers of the Methodist Ohio and near-by states, at Delaware, January 24-25, centered attention on the relation between "Alcohol and the College Community." While organized for the personnel workers of these colleges, deans and employed leaders in similar positions of near-by, non-Methodist colleges of Indiana and Kentucky were invited to share in the study, and thirty Wesleyan students were chosen to hear the addresses and share in the discussion and have a group session of their own on the closing day.

The immediate significance of this three-day series of discussions is shown by the subjects and high-standing of the speakers, as follows:

"The Nature and Scope of the Alcohol Problem," Rev. Dale White, of the Methodist Board of Concerns, Washington, D.C.

"To Your Health," a film production of the World Health Organization.

"Social Meanings of the Use of Alcoholic Beverages," Dr. Robert Russell, Professor of Sociology, Stanford University, Calif.

"What Alcohol Is and Does," Dr. R. Gordon Bell, Director, Bell Clinic, Toronto.

"The Ethical Dimensions of the Alcohol Problem," Dr. C. Everett Tilson, Professor of Old Testament, Methodist Theological Seminary in Ohio.

"The Nature of Alcoholism," Dr. R. Gordon Bell.

"The Campus Community and Drinking Rules," Lawrence A. Riggs, Dean of Students, DePauw University.

"Alcoholic Beverages and the Campus Community," Faculty Members.

"The What and Why of Drinking Regulations," Wesleyan Students and Deans.

"Problems of Mutual Interest," Faculty Members.



# Changing Student Attitudes

By Albion Roy King, PhD.

Condensed from  
"Listen", Jan-Feb. 1964

As seen Following Seventy-  
Nine Campus Visits

**I**N THE PAST COUPLE of years I have seen a promising change of attitude on the part of college students toward the discussion of alcohol problems. In that time I have visited thirty-three colleges and had 128 sessions with some 13,000 students and faculty members. With but one exception, on the Pacific Coast, these have been in the Midwest, and have covered the range from small independent schools to the university level.

My first college visitation program on this topic was in 1937, when Dr. A. C. Wickenden, chaplain at Miami University of Oxford, Ohio, invited me to a convocation program, and I spent two days there in a number of sessions. Since that time I have had a total of seventy-nine college programs, 196 sessions with nearly 36,000 students and faculty.

In those earlier years after the repeal of prohibition the discussion at the college level was something of a strain. One always expected a negative reaction from students, and he overcame this usually with some humor device. It was the day of wisecracking about alcoholism.

I have not detected this negative reaction even once in the more extensive program of the past year. The only problem now is to capture the students. When I get into a session with them I find a new, thoughtful seriousness. And there is an eager curiosity about all aspects of the problem.

I attribute this change to two factors: First is the probability that the hangovers of bitter controversies in the prohibition-repeal era have nearly disappeared among the younger generation today. The second factor is a new frankness about drinking experiences which a large percentage of the college students have had, probably because of reduced feel-

ings of guilt for them, and genuine curiosity about what happens to them and a desire to know all the scientific data and philosophical implications. Perhaps we might say that there is a new kind of moral seriousness about the present generation of college youth, even though their morals in terms of action may be worse than in the past.

In their investigations of **Drinking in College** (1953), Bacon and Straus concluded that there is no such thing as a "college drinking problem." The drinking of youth in college, they concluded, is no different from the drinking patterns of youth in our culture as a whole. Therefore, the youth drinking problem is no different from the drinking problem in general.

I go along with this judgment today. This means that something over half of the college students are making some use of alcohol. While there are notable instances of excess, such as the spring trek of students to beach resorts, yet most of the drinking around the campuses is probably moderate.

What is new about it to me is the complete frankness and the aggressive statement of opinion by the drinking group. Where as once the abstainers and opponents of the liquor traffic held forth in debate and oratory, now they keep discreetly silent, for the most part. I think the "let down in morals" which we hear so much about today is at least partly a new frankness in talking and writing.

Twenty-five years of struggle with the problem of confronting college students on the alcohol problem have no doubt disciplined my approach. I think we must recognize that anybody can get a negative reaction from college students today simply with any kind of obvious campaign to dry them up. In one respect moderate drinkers, or even fairly heavy drinkers so long as they think they are moderate, are like alcoholics — any program to deprive them of liquor, either by coercion or by moral persuasion, is looked upon as a threat and will drive them into a defensive corner where no education can take place.

This is the reason that planners of college programs do not want "a moralizing approach." (I put this in quotes because of later remarks about moral evaluation.) What they mean by this is that any **assumption** on the part of leaders who take an abstinence position that "I am morally superior to you because I do not drink" will produce the negative reaction. Anyone engaged in this business must reflect long and deeply on the twin problems of self-righteousness and pride. Except for a few schools connected with the temperance churches and traditions, one cannot **assume** that total abstinence is the only moral right. Assumption is stressed here because I do not mean that one cannot arrive at abstinence as a moral principle in a process of dialectic with students. The distinction I am making is decisive.

But this is not to say that there is a great interest in the alcohol problem on the college campus today. In competition for the limited budget available at any school for such programs, the alcohol-education project will have hard going, either from the faculty committee allocating funds, or from the student government. The demands upon the time of students are very great, and any voluntary meeting on this subject will turn out hardly a corporal's guard. At Texas Technological College, Lubbock, I was scheduled for an evening meeting at the College Y.M.C.A. My host, a local minister, the Y.M.C.A. secretary, and two members of Alcoholics Anonymous turned out. The next evening I was invited to the mid-week meeting of the Tech Bible Chair. This was a regular weekly meeting of students, where the program was not announced in advance. About fifty students attended and the session was an excellent one. The captive audience is still a necessity.

In one respect the college community today offers a unique place to discuss the alcohol problem. So far as I know it is the only place, and certainly the best place in America today, for drinkers and nondrinkers to face each other in meaningful dialectic. This is one reason that program of one-sided propaganda is not a profitable approach. In most discussion

programs outside of colleges the drys talk to themselves and the wets are too busily engaged in pursuing the god Bacchus to talk to anybody about the problems involved. Even though in college group discussions the drinkers are the more aggressive, a dialogue is taking place and it needs encouragement and guidance from the scientist and philosopher.

With the limited amount of time allotted to a campus program of alcohol studies, what should be the point of attack? About fifteen years ago Dr. Selden Bacon, head of what was then the Yale, and now the Rutgers Center of Alcohol Studies, suggested new attention could be achieved from college people by putting the stress on alcoholism, rather than on the effects of alcohol, as in traditional educational programs. A new interest and feeling of objectivity was created by emphasis on alcoholism as a public-health problem. Yet it is doubtful if this holds the center of interest for college students.

From my experience in student discussion I should say that it is evaluation with which students are concerned. Is it right or wrong to drink? While students do not want a dogmatic answer, yet it occupies the central position in most discussion. At Illinois Wesleyan College a committee of students set up by the student government was given the full responsibility in planning a campus seminar program. With five outside speakers invited, including a public-relations official of Hiram Walker Distilleries, the committee asked each one to concentrate on this moral question:

The ethical question is not one which can be adequately treated in a hit-and-run lecture procedure. Even though it is precipitated early in a discussion I like to be able to presuppose a level of understanding of the facts about the problem which is seldom to be found in American youth. There is a tested body of basic information which should come before evaluation. The logical procedure is seldom achieved in our educational system. We make value judgments first, and then sometimes proceed to study the facts. Almost all

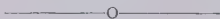
college students, in fact, already have their evaluations pro or con well formulated. They must be induced in the educational process to take a look at the scientific data.

The basic information which should be presupposed in evaluation includes the pharmacological data about the nature of alcohol and its effects on human reactions; what happens in the behavior of a person when he imbiles, the motivations in the use of alcohol, and the patterns of excess and compulsions which are called alcoholism. There is also great interest today in the various patterns of alcohol usage in different cultures. An adequate discussion of these things takes several sessions before I feel ready to engage students in the discussion of the ethics of moderation or abstinence and the possibility of these standards in our society.

This pursuit of moral evaluations in a mature philosophical dialogue, I repeat, is something different from what is called "moralizing." It does not proceed as though the final moral judgment had been rendered, and it examines all the principles and implications of the various cultures. This thoroughness and fairness is what constitutes "objectivity" rather than the avoidance of value judgments as such.

In a few places the objection to "moralizing" has taken the form of demanding that we stick to scientific facts — talk about alcoholism rather than "the alcohol problem." It has been argued that "objectivity," which is now one of the academic shibboleths, means that science will settle all problems and we should avoid all ethical discourse. Nothing could be farther from the truth.

While scientific work is basic to understanding, yet it settles nothing in the realm of obligation. That requires elaboration of religious and moral ideas, in addition to the scientific do nots. Students precipitate ethical questions at the least provocation.



# Interpreting Some Recent Findings

Dr. Robert D. Russell

Condensed  
From an Address

Stanford  
University

**A**S AN EDUCATOR, I shall try to interpret some of the findings of social science about behavior, which can be helpful in education relating to alcohol and drinking.

A Pennsylvania Psychologist, Dr. Powell Lawton, while writing on the psychology of anti-smoking education in a current health magazine, made the point that the reasons for beginning to smoke or to drink are different, sometimes from those that impel one to continue. We may have the narrow view that there is a single reason which impels people to start and to keep drinking. Let me raise the troublesome point, curiosity, a value which is dangerous to ignore. We try to develop curiosity in our youngsters, for this is a beginning process in education. There is also the imitative quality of both parents and peers, the people who have the most value in the eyes of young people. Research studies suggest that more youth are drinking and smoking as a conforming act rather than one of rebellion. They are only imitating the pattern of behaviour in the home.

"Drinking is a symbol of maturity." Dr. Lawton notes in relation to smoking. "Adoption of the smoking habit seems to be, for many adolescents, a visible symbol of having arrived at a point where the mantle of adulthood seems to fit." I would add; 'And drinking likewise.' We have no clear time when and where this actually happens in our society. A youngster sort of 'slips' into adulthood, and because some youngsters don't see much place for themselves, the activity of drinking or smoking seems to help erase boredom and

---

Dr. Robert D. Russell is Assistant Professor of Health Education at Stanford University, California, and Editor of *The Bulletin*, published by The Association for the Advancement of Instruction about Alcohol and Narcotics.



provide some psychic stimulation."

Let's look at another point. Any particular behavior which results from some initiative on the part of an individual has four somewhat separate sources: physiological, situational, social, and personal. In order to decide to drink, then:

(1) The alcohol in some beverage form should be reasonably pleasing, not sickening.

(2) There should be a situation where drinking is possible and proper, not one where it is quite improper.

(3) There should be a general feeling of positive response and reaction to and from the other people around the beginner. (The social field of some youngsters is limited.)

(4) There should be a personal feeling that drinking is all right, or no strong feeling that it is personally wrong.

The weakness or absence of these is enough to prevent drinking or excessive drinking.

At one time, I was called upon to define moderation, which is not easy. I did it this way: "Moderation is drinking which is not immoderate. Immoderation includes four factors, any one of which can label a person as immoderate."

First, any amount of alcohol taken beyond the amount a person can oxidize in a particular period of time can be termed immoderate. (In general, more than one drink per hour results in a build up of alcohol in the blood stream.)

Second, immoderation may be inherent in the situation; even one drink may be immoderate in some situations and with some people.

Third, the use of time spent in drinking may constitute immoderation, time promised and expected elsewhere.

Fourth, one's own conscience is an element. When one drinks more than he feels he should, regardless of the amount, he is immoderate.

Now let's examine another point: Behavior results from several sources, any one of which makes behavior possible or prevents it from happening. Dr. Ralph Tyler, of the Center for Advanced Study in the Behavioural Sciences, observed:

"Each social class sets a pattern of acceptable behaviour for its members. Social class in this country tends to be hierarchical, but also 'open.' Movement up, which is the usual direction, involves accepting the behaviour of the class entered. However, let us not get carried away with this fact. Personal values still are the main determiners of a particular person's behaviour. A person accepts as his own values those of a particular class, but he still decides how he shall act - what he can and can't do and still remain a 'member.' Groups do influence personal values, but individuals also influence groups. No group behaviour remains unchanged for years."

Now let's get on to the perception of physical and social phenomena. We tend to see social actions in a stereotyped way. We simply have neither the knowledge nor the time to evaluate thoroughly and carefully every situation we see. Unfortunately, this tendency will increase in the future because of the increasing number of new value judgements which will have to be made.

Let me suggest how some of these points relate to education. It is important for a teacher to know something about the youngsters he or she is dealing with. There is no single entity we can label 'youth'. There simply are many individuals within this 'complex' who have greatly differing values—for many reasons. It is important to know something about young people in general and their motivations. There are different reasons for drinking, and no single reason predominates. The reasons are many and complex. With most kids, a real, clear-cut decision about drinking is not made; it just happens; they 'slip into it.' The youngster tries a drink and nothing much happens. From an educational standpoint it certainly would be better if something disastrous did occur after that first drink.

We must be wary about attacking motivations such as curiosity and the imitation of parents or peers, for this is to deride and devalue the ways young people become good citizens. Let us realize that conformity to adult behaviors is

what makes abstainers as well as drinkers. There is much to imitate and much to be curious about. We must help young persons to see how values relate to behavior and to see what the possible consequences of choice might be.

What are the symbols of maturity with our youngsters today? Whether they are desirable or undesirable, these are the ones operating in society at this time: smoking, driving, drinking, intense sexual relations, marriage, a regular job, and a pay check.

Of course, the last two seem most desirable. However, there is a danger, too, in encouraging young people to get married at 15, 16, and 17. Remember that this young person is one who has been encouraged, from almost the time he was perceptive about what was going on in the world, to be a mature adult; taking time to be a child is wasteful. Therefore, a child acquires — learns — the desire to move out of childhood, and very clearly the way a person becomes something else is to act like something else.

### **Relation to Educational Practice**

No one approach reaches more than a minority of students really well. Some children, for example, have an identification with a particular teacher, no matter what that teacher says. Others reject that same teacher. There is value in small group discussion, which allows us to take advantage of the fact that youngsters influence each other. They are going to say thing to each other which will influence each other, so why not encourage under some direction and control?

Another observation: The use of dramatic, 'anxiety-producing' approaches may be quite useful, particularly if they are used at the beginning, to capture attention. No one learns unless he is paying attention; stimulation of attention is often necessary to overcome tendencies to 'hear' a stereotyped message.

The moral and religious approach has a definite place in reinforcing the best judgments that certain youngsters have. They develop ideas about life and behavior. Then they find that not all people agree with them. To know that someone does is essential reinforcement, without which a normal

person is bound to change to something more acceptable. We recognize that many youngsters do not see drinking as an ascetic kind of behaviour, one opposed to fun. It is unfortunate that the youngsters for whom drink is potentially the most harmful are the ones most prone to drink; conversely, youngsters who probably could drink with little difficulty often elect to abstain.

---

# Activities Of The Intercollegiate Association

From a Report of the General Secretary

To the International  
Council

December 31, 1963

**Q**UIETLY BUT SINCERELY, the Intercollegiate Association has been seeking to encourage the beginning of a "Peace Corps" spirit of volunteer service among our coming leaders of public opinion and culture, following scientific and objective study, that could inspire creative service at points of immediate need found today. Such service can best be given first in creating intelligent discussion and responsible decisions while in college in dealing with Alcohol problems at the college level, then in health and preventive educational service, and later as responsible community leaders in whatever fields of life-service they may have chosen.

This renewed purpose of our earlier years is beginning to gain attention, The Michigan Alcoholism Education Commission, having sent nine students to McMaster last August, for special study, has agreed to send as many, or more, in 1964, and is encouraging other State agencies to provide scholarships for influential students from their states. The Director of the Temperance Foundation of Michigan promising to send several, says, "This is a very worthwhile and unique educational experience for these college young people that has far-reaching implications on their lives."

In this report I emphasize with new enthusiasm, my con-

*April, 1964*

119

viction that the present outlook in the program of the Association, which for 64 years has included the enlisting of students for service, is now again most promising.

But, also, there is this rugged fact, that unless a 100% increase in financial support can be made quickly, this supreme opportunity will pass. The Association cannot render even in a small way the service it should, or possibly even survive without a redoubled force of **both men and money**.

Concern among thinking people is rising decidedly. The time to act is **NOW**. Attention is being re-centered on the social as well as the personal consequences of Alcoholism and drinking customs. "The Alcoholic" - 6,000,000 of them - has become a dramatic exhibit of the end product of heavy drinking.

Scientific research by universities that was almost non-existent in earlier years has spread widely. A sense of concern is growing among faculty members and leaders of student organizations.

The philosophy of the Intercollegiate Association has been known and respected for years. It has within its history the spirit, reputation, purpose, and program that constitute an approach that is acceptable and of creative leadership for the future.

The imperative need now is for **dedicated** young leaders, trained in our own Intercollegiate School, to take advantage of the opportunity of today, renew the program, continue to play-up the equipping of leaders, emphasize the scientific approach and give attention to such activities as the following:

1. Begin **THIS** year to organize a Ten-Year Semi-investment Stabilization Fund to match the Logan H. Roberts Trust Fund now in the custody of (the Golden Rule) Foundation in New York, now valued at \$93,000. This project was approved by the International Council, December 30, 1961, and authorized by the Trustees, April 7, 1962. This Stabilization Fund, I feel, is imperative to enable the Associ-

ation to pass through slump periods which we have faced all too many in the years I have been with the Association. It is necessary to give confidence to those who hesitate to put their life service into the movement. A beginning, \$4,800 in a savings account and a bequest, has been made.

2. **Build-up the Intercollegiate School.** Make it a training center particularly for those who are thinking of service in fields of public health, religious and educational service, wherever these fields are related to the present and future problems of **Alcohol**.

If you could have visited the School last August at McMaster and seen college students from Texas to Newfoundland **really coming to "grips"** with this fourth greatest problem of our day, you would have concluded that this School is a far-seeing investment.

3. Mature and extend the **International Student** to encourage the cooperation of all movements that are doing creative service toward reducing alcoholism and its sources, and encourage this policy wherever intelligent disagreements prevail: be loyal to conviction, but "agree to disagree agreeably."

4. Engage a recent graduate, perhaps on a "Peace Corps" plan, for a year or two, who has attended the Summer School of The Association, for Survey Service, to contact students personally, change attitudes, find places where cooperation is practicable, and open the way for campus seminars.

5. Enlarge the College Visitation Program of Dr. Albion R. King, particularly in colleges where student leaders are prepared to organize the program. During the past year, Dr. King has shared in 47 such programs.

The fourteenth Annual Summer School of Alcohol Studies at McMaster University in August included some of the highest specialists in their scientific and educational fields in North America; it recognized all the approaches toward reduction of the problems being made today.

This school, as no other, seeks to meet the questioning of critical younger people who want to think for themselves, decide intelligently and give service in ways they find most



effective. They came from colleges as far as Memorial University in Newfoundland and San Antonio, Texas, the majority coming from Michigan, Ontario, and Virginia.

The Annual Roberts' Awards for Editorial Writing by undergraduate students in the colleges of the United States and Canada was on "The Role of Alcoholic Drink in the Family." Most of the 700 or more papers resulting were from class assignments that required research under instructors in English, Sociology, Health, or Social Problems. Selected papers by the finalists are being published in the *International Student*, thus bring them to 5,000 college addresses, including 1500 libraries.

Supplemental awards in the form of scholarships to the Intercollegiate School were offered to one of the writers in each participating college. If the local winners were unable to come to McMaster, these scholarships were passed on to interested students who needed aid to attend. During the past eleven years, 176 students have been able to obtain this advanced study offered by the Awards Program. With results similar to those of a Virginia student of 1963, who wrote, "... intelligent objectivity of the speakers, meeting the Canadians, the seminar, the exhibition, the members of the A.A., the lecture about the debt to society, our responsibility to others tied in with social drinking. This has caused me to do some thinking."

---

Without signs of intoxication, the bearing and individual attitude of mind suffer temporary change as an effect of the drug (alcohol) and those in contact with the person so affected have for the time being to deal with an altered individual, whose mind lacks temporarily its normal factor of judgment and conspicuous elements of its self-control. Under the influence of alcohol, accuracy, avoidance of accidents, tactful handling of colleagues and subordinates, punctuality, reticence in matters of confidence, are all jeopardised. — Medical Research Council, Alcohol and the Human Organism.

# New Understanding Leads Toward a Many-Sided Approach

## An Editorial

**A**S LONG AS THERE are nearly 6,000,000 deteriorating personalities in our every-day culture called "alcoholics," or "sick people," by medical specialists, the "fourth greatest health problem of today," with its sources deeply related to the social traditions in which we live, and as many deaths on the highways attributed to drinking pedestrians and drinking drivers, there is, by all reasonable thinking, occasion for more than average concern and study of this situation by thinking younger people—college students as well as the general public. They are responding generously to realistic and tragic issues of the day, "raceism" and growing frictions within the new nations and in their relation to the older nations with similar issues that challenge students and all citizens these days of rugged world problems.

If there is a solution we must continue to seek it. If **there are solutions**, they should all be given serious study by younger citizens who will be 'up against them' very soon. They must be studied from the background of scientific, experimental and historical understanding—but even more with a sense of concern, for at this time this social disorder is being misunderstood as inherited propaganda, too readily evaded, notwithstanding the great mass of accumulated scientific and experimental knowledge now available. Too few are concerned enough to seek this understanding.

It is to face frankly this situation that The Intercollegiate Association is, has been, and is continuing—to devote itself to educational activities in one special field, to college students, to encourage study, by students, their directors, to dean of students who have to do with the personnel and other counselors—and especially to student leaders to do it them-

selves. As preparation—first of all, enough basic information and motivation to make personal and group decisions, and then to accept the responsibility of using as future leaders of culture and citizenship this basic knowledge in service and leadership to reduce the strength of all forces that create or strengthen trends toward alcoholism. With such an acceptance, and equipped with the objectivity of scientific understanding, these younger leaders may unfold solutions that those who are older have not yet found.

To maintain this status it must continue to share the confidences of all—all those who approach from the viewpoint of health, mental and physical, social welfare—disordered home life, childhood frustration, too much control, too little, social and or economic pressure, tradition, deep personal needs, and the underlying convictions of social and especially religious motivations—not one or a few alone—all. And, being a college movement it must be motivated and constantly renewed by student leadership.



## Do You Know?

**W**HO ARE ASKING about the Problems of Alcoholism and Alcohol? What is the modern scientifically-based truth about them? Where can we find sympathetic understanding — the scientific “know-how” that will enable us to make intelligent decisions for ourselves, our social group, our future?

By far most younger people today, especially students and recent graduates — really want a fair and objective knowledge of these questions. Yet they expect to think and decide for themselves — as youth of ability always do.

Just that atmosphere is offered by The Intercollegiate School of Alcohol Studies at McMaster University. This summer conference is “different”. It has back of it fifteen years of experience with the problem at this level. Students **seek together**, with highly qualified specialists, answers to the very questions many are asking TODAY.

# **THE COMING INTERCOLLEGIATE SCHOOL of Alcohol Studies, McMaster University Hamilton, Ontario, August 22-27, 1964**

**DEANS:** George H. Stewart, Lansing, Michigan  
Miss Lois Henry, York College, Toronto, Ontario

*"WHY BE CONCERNED ABOUT PROBLEMS?"* — Dr. George B. Maddox, Jr., Professor of Sociology and Medical Sociology, Duke University, Durham, N.C., Consultant (Alcohol Studies) National Institute of Mental Health; lecturer Rutgers School of Alcohol Studies, author "Teen Age Drinking in the United States."

*STUDENT DISCUSSION SESSION* with Dr. Maddox.

*"COLLEGE DRINKING PATTERNS,"* — Dr. Lawrence Riggs, Dean of Students, DePauw University, Greencastle, Ind.: previously at Willamette and Johns Hopkins Universities.

*"FACTORS WHICH INFLUENCE MOTIVATION"* — Report of a *very recent survey* made by instructors in sociology and students at a State University. Report will be given by Donald G. Craig, '64, the student executive of the project.

*"ALCOHOL AND THE HUMAN BODY"* and *"THE NATURE OF ADDICTION,"* Dr. R. Gordon Bell, Head of the Willowdale Clinic and Special Lecturer, University of Toronto.

*"DEViant BEHAVIOR AND ALCOHOL,"* — Mr. Robert H. Scott, Director of Youth Division, Dept. of Correction, State of Michigan, Lansing.

*A DAILY SENIOR SEMINAR*, led by Dean Lawrence Riggs, President of the Intercollegiate Association.

## **Program of the Week**

### **Saturday, August 22**

Registration; Alumni Bldg., 2 p.m.  
Staff Meeting  
Orientation for Seminar Leaders  
All-School Orientation  
First Seminar Period  
Recreation and Social

### **Sunday, August 23**

University Chapel or Church of your choice.  
Dr. George L. Maddox - "WYACSSBCWAP"  
Special Student Session with Dr. Maddox.  
Second Seminar Period  
Donald G. Craig - Report on a *very recent* University Survey.  
A visit to Niagara Falls

### **Monday, August 24**

Third Seminar Period  
Dr. H. Kalant - "The Physiology of Alcohol Intoxication"  
Dr. H. Kalant - "Metabolism and Metabolic Effects of Ethanol"  
Dr. R. Gordon Bell - "Alcohol and the Human Body"  
Dr. R. Gordon Bell - "Nature of Addiction"  
Recreation

## Tuesday, August 25

Fourth Seminar Period

Dean Lawrence Riggs - "College Drinking Patterns"

Dr. Harry S. Warner - "New Frontiers for the Intercollegiate Association"

Dr. John Linton - "The World Scene"

Mr. Robert Scott - "Deviant Behavior and Alcohol"

Attend A.A. meetings in the city.

## Wednesday, August 26

Dr. Wayne W. Homer - "Responsibility of the Citizen"

Dr. Albion Roy King - "Basic Information on Alcohol"

Fifth Seminar Period

Canadian National Exhibition, Toronto

Senior Seminar and Executive Committee

## Thursday, August 27

"Cultural Backgrounds", "Motives for Creative Service" - Symposium by

Mr. Robert Hammond and Mr. George H. Stewart.

Sixth Seminar Period

Reports of the Seminars

Meeting of the International Council

Banquet - Roberts' Editorial and School Certificates Awards

## For further information and program, write:

Intercollegiate Association

110 South State Street

Westerville, Ohio

---

## — INDEX —

(Continued from page 127)

Sociological Factors which Influence Motivation, Carl A. Nissen .....	67
Taylor, Gladys; Cocktails, — Sipper, Gulper, Slurper .....	75
Taking "McMaster" to the Home Campus, .....	131
Teen-age Drinking: Whose Responsibility? Marvin A. Block .....	38
Three-day Campus Seminar Discusses Understandings, Albion R. King ....	35
Warner, Harry S.; College Drinking, Attitudes and Trends of a Half Century .....	13
Evolution in Understanding of the Problem .....	13, 43, 83
Restudying, Rewriting in the 'Thirties' and 'Forties' .....	42
Problems of Alcohol Today .....	93
Social Traditions, Mores and Never-ending Idealism .....	83
Warner, Harry S., Report of General Secretary, 1963 .....	119
Why They Do What They Do, Andrew M. Greely .....	36
Wiard, Becky; Roberts International Awards of 1963 .....	7
Woman Alcoholics, Margaret Rampton .....	77



# Index

## Volume 61: September 1963 — April 1964

Awards Writer Shares in a University Survey .....	103
Alcohol in the Human Body, R. Gordon Bell .....	70
Bell, R. Gordon, Alcohol in the Human Body .....	70
Block, Marvin A., Teen-age Drinking: Whose Responsibility? .....	38
Brown, Edith Petrie, Seeking Removal of a Source .....	40
Changing Student Attitudes Today, Albion Roy King .....	110
Cocktails: Sipper, Gulper, Slurper, — Gladys Taylor .....	95
College Drinking: Attitudes of Half a Century, Harry S. Warner .....	13
College Personnel Workers Conference .....	109
Cook, Barbara, Role of Alcohol in a Military Family .....	80
Craig, Donald G., Conducts a University Survey .....	134
Decisive Factor, The, in the Problem Today, Albion Roy King .....	12
"Don't Blame Me—I'm Sick." Edward McGoldrick .....	30
Drinking: Attitudes and Trends of a Half-century .....	75
Editorial Awards of Recent Years .....	137
Evolution in Understanding of The Problem, Harry S. Warner .....	13, 43, 83
Hassel, Dayne D., Jr., Planning A Student Led Seminar .....	133
Greeley, Andrew M., Why They Do What They Do .....	35
His Special Kind, Carol Landkamer .....	3
Intercollegiate School of Alcohol Studies of 1963 .....	48
International Finalists of 1963 .....	9
Interpreting Recent Scientific Findings, Robert D. Russel .....	113
International Winner Inspires an Educational Program .....	135
King, Albion Roy, Changing Student Attitudes, The .....	138
King, Albion Roy, Decisive Factor in the Problem Today .....	15
Lancaster, Carol, Editorial Awards Winner Inspires an Educational Program .....	135
King, Albion Roy, Three Day Seminar Discussed Basic Questions .....	35
Making the Awards at the College Level .....	10
McGoldrick, Edward J.; Don't Blame Me—I'm Sick" .....	30
Nissen, Carl A.; Sociological Factors which Influence Motivation .....	67
Problems of Alcohol Today, Harry S. Warner .....	93
Ramoton, Margaret, Women Alcoholics .....	77
Reynolds, Sandra; Report from a Student Seminar at McMaster .....	51
Report of the General Secretary for 1963 .....	119
Roberts' Editorial Awards of 1962-63 .....	7
Roberts Editorial Awards of Recent Years .....	137
Role of Alcohol in a Military Family, Barbara Cook .....	80
Russell, Robert D., Interpreting Recent Scientific Findings .....	113
Seeking Removal of a Source; Edith Petrie Brown, .....	40
Cocktails, Sipper, Gulper, Slurper; Gladys Taylor .....	75
Social Traditions, Mores and Never-ending Idealism, Harry S. Warner .....	43, 83

(Continued on page 126)



McMASTER DIVINITY COLLEGE



McMaster University, Hamilton, Ontario, Canada

**THE FIFTEENTH ANNUAL INTERCOLLEGIATE SCHOOL  
Of Alcohol Studies, McMaster University  
August 22-27, 1964**

Sponsored by The Intercollegiate Association for Study of  
the Alcohol Problem

*For program, information, and enrollment write  
the Westerville, Office*

John A. Linton  
Vice President  
11 Prince Arthur Ave.  
Toronto 5, Ontario

Harry S. Warner  
General Secretary  
110 S. State St.  
Westerville, Ohio

2 15352 2A-15  
PACIF. SCH. OF RELIGION  
LIBRARY-1798 SCENIC AVE  
BERKELEY 9 CALIF